

FREE VIRTUAL WORKSHOP



MARKETPLACE
PHYSICAL THERAPY
& WELLNESS CENTER

Low Back Pain & Sciatica

WITH DR. STEVEN NIETO, DPT, OCS, SMT

March 16th at 7 PM PST

DISCOVER THE CAUSE OF COMMON BACK PAIN, HOW TO PREVENT INJURY & STEPS TO BECOMING PAIN FREE!

To register, check out our website at:
marketplacewellnesscenter.com



MEET YOUR SPEAKER DR. STEVEN NIETO!
DPT, DOCTOR OF PHYSICAL THERAPY
OCS, ORTHOPEDIC CERTIFIED SPECIALIST
SMT, SPINAL MANIPULATION THERAPIST

951.684. 2874

PHYSICAL THERAPY SOLUTIONS FOR **SCIATICA AND BACK PAIN**

Are you experiencing pain in your leg or numbness in your foot? Are these symptoms making it difficult for you to go about your daily routine? You could be suffering from sciatica.

Sciatica is often a debilitating condition that is a result of compression or inflammation of the sciatic nerve. The condition most commonly is associated with pain radiating down the leg. It can be so severe that people struggle to do normal activities of daily living. While “sciatica” may sound serious, it’s entirely curable.

Call our clinic today to make an appointment. With guidance from your physical therapist you can find solutions to your pain and get back to living the life you enjoy!

How Can You Tell if You Have Sciatica?

Although sciatica is a commonly used term, it may also cause confusion because it is sometimes used to describe any type of back or leg pain. But “true” sciatica refers to pain that radiates downwards from the lower back/buttock region along the course of the nerve into the thigh and lower leg. Symptoms that extend below the knee and into the lower leg and foot are consistent with true sciatica.

Not all patients have pain. Some patients experience paresthesias (i.e. numbness and tingling) along the sciatic nerve’s path in the leg and foot. For some, the condition may include weakness in the muscles of the foot and lower leg. In serious cases, it can include changes to bowel and bladder function.

While sciatica pain can be intense, it is treatable. For a lot of people, physical therapy can help to resolve sciatica without operation – often within just a few weeks. Even if you’ve suffered severe sciatica spawned from leg weakness, bladder changes or nerve issues, there’s still hope.

What Causes Sciatica?

In most cases sciatica is caused by a herniated lumbar disc where the nerve root is irritated by disc material that has ruptured. Recent evidence suggests that sciatica is not because of “compression” but a combination of pressure, inflammation and immune systems defenses.

In most cases, a physical therapist can help to identify what is causing the condition and how to successfully resolve it. The combination of education and activity modification can help set the stage for a successful outcome.

Visit Us Online www.marketplacewellnesscenter.com or Call Today **951-684-2874**

THE MOST COMMON SYMPTOMS OF SCIATICA

Sciatica back pain is normally noticed as a pain radiating from the lower back/buttock down the leg below the knee and sometimes into the foot. The dominance of leg pain (more than back pain) is a classic characteristic of sciatica. The location of the leg pain (i.e. outer calf or back of calf); paraesthesia (i.e. numbness and/or tingling) or loss of sensation, along with weakness and/or reflex changes are all indications of sciatica. Another clear sign is increased leg pain with coughing, sneezing and/or taking a deep breath. If sciatica isn't treated, it can hinder mobility altogether.

How Physical Therapy Can Help with Sciatica

If you're experiencing sciatica, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and based on the finding provide you with solutions that work.

Education

Understanding exactly what sciatica is and how to manage it can help you be proactive and find a solution for your sciatica. Your therapist knows the solutions that work. Understanding what is going on, and more importantly, what you can do about it, has been shown to be one of the most effective solutions. It seems small but consistently it has been shown to help!

Advice to stay active

It is especially important to stay active early, despite the intensity of the pain that can be associated with sciatica. We know that rest is not an effective solution. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

Exercise therapy

Supervised exercises are vital to a successful outcome. A physical therapist will tailor your exercises, monitor you and progress you based on your individual needs. Supervised exercise therapy includes directional exercises, proper postural exercises, nerve mobilization, or strength exercises. The McKenzie Method is a technique that has been shown to be effective in identifying movements and positions to provide you with relief and is often used for home exercises.

Spinal manual therapy

Physical therapists often use spinal manual therapy for their patients with sciatica. Manual therapies include a variety of techniques that moves one or more joints within normal ranges of motion with the aim of improving spinal joint motion or function. It can also include soft tissue

techniques that help to alleviate pain and allow for more mobility and improved function.

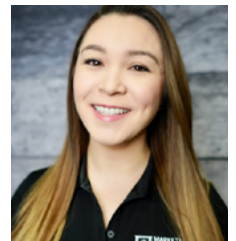
Call Our Clinic Today

These treatments, hand-picked by professionals, can completely eliminate sciatica over time. If you're experiencing back pain, don't wait. Call one of our physical therapists today and schedule your first appointment to have your condition assessed and your back pain treated, once and for all.

Sources: <https://www.ncbi.nlm.nih.gov/books/NBK507908/>
<https://pubmed.ncbi.nlm.nih.gov/33017565/>
<https://www.sciencedirect.com/science/article/pii/S1836955320300229?via%3Dihub>
<https://www.sciencedirect.com/science/article/pii/S1836955320300229?via%3Dihub>
<https://www.bmj.com/content/367/bmj.l6273>
<https://pubmed.ncbi.nlm.nih.gov/29602304/>

STAFF SPOTLIGHT: DR. SOFIA VIZCARRA, DPT

Dr. Sofia Vizcarra, DPT, PT, received her Bachelor's degree in Biology with a minor in Spanish from the University of California Riverside. Dr. Vizcarra completed her education and received her Doctorate Degree in Physical Therapy from the University of St. Augustine for Health Sciences. In addition, Dr. Vizcarra is certified in Myofascial Decompression (MFD), a common technique utilized to treat soft tissue injuries and increase flexibility. MFD is a negative pressure soft tissue treatment technique using suction to manipulate the skin and underlying soft tissues. Dr. Vizcarra is also a Certified Vestibular Rehabilitation Specialist, focusing on exercises that help you manage dizziness and balance issues (imbalance). This therapy may help people cope with the symptoms of conditions such as vertigo and labyrinthitis.



Dr. Vizcarra was drawn to the physical therapy field when she experienced an ACL injury and received physical therapy right here, at Marketplace Physical Therapy. Dr. Vizcarra finds that the most rewarding aspect of her career is to watch her patients return to the activities they enjoy, pain-free.

When Dr. Sofia is not leading her patients to a pain-free life she enjoys attending concerts, exploring new places, and trying new restaurants. Dr. Sofia was born in Mexicali, BC, Mexico and previously participated in the Mexican National Team for Karate. She won 1st place in the Pan American Karate Championships held in El Salvador! You can find Dr. Vizcarra at our Beaumont location. She can be reached by email at drvizcarra@marketplacewellnesscenter.com

VISIT A CLINIC NEAREST TO YOU!

Riverside 3191 Mission Inn Ave. Ste B
Riverside, CA 92507
**Located inside Anytime Fitness*

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Chino 14682 Central Ave
Chino, CA 91710

Redlands 210 E. Citrus Ave.
Redlands, CA 92373

Beaumont 1620 E. 2nd St.
Beaumont, CA 92223

EXERCISE ESSENTIALS

SEATED THORACIC EXTENSION WITH CHIN TUCK

Try this movement to relieve your back pain.

Sit up straight in a chair with your back against the back rest. Place your hands behind your head and tuck your chin. Slowly extend your back over the back of the chair with the top edge of the chair just under your shoulder blades. Hold for 5 seconds. Repeat 3 sets of 5 reps.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

HEALTHY RECIPE

TERIYAKI EDAMAME SAUTÉ



Ingredients

- 1 tablespoon olive oil
- 1 (8 ounce) bag tricolor coleslaw mix
- 2 cups shelled edamame, thawed if frozen
- ¼ cup reduced-sodium teriyaki sauce

Directions

Heat oil in a large nonstick skillet over medium heat. Add coleslaw mix and cook, stirring, until the cabbage begins to soften, about 2 minutes. Stir in edamame and teriyaki sauce. Cook, stirring, until the edamame are heated through and the sauce thickens, about 1 minute more.

<https://www.eatingwell.com/recipe/7914800/3-ingredient-teriyaki-edamame-saute/>

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEWS



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