

MANGIARELLI REHABILITATION



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PHYSICAL THERAPY FOR SCIATICA INFOGRAPHIC

PHYSICAL THERAPY FOR SCIATICA PAIN

WHAT IS SCIATICA?

- Sciatica pain is nerve pain that originates in the low back and radiates through the buttock down the length of the leg caused by irritation or compression of the sciatic nerve.
- The sciatic nerve is the largest single nerve in the body, branching and extending down the right and left legs.



SYMPTOMS OF SCIATICA

- Common to have pain in only one leg
- Feel a constant burning sensation or shooting pain down the low back through the leg
- Numbness in the back of the leg or tingling and weakness in the leg
- May feel worse based on posture (sitting, standing, bending, or lying down affect each patient's pain differently)

PHYSICAL THERAPY FOR SCIATICA

- Physical therapy is the first line of treatment for treating, relieving, and preventing sciatica symptoms.
- Sciatica pain is treated by physical therapists with a controlled, progressive exercise program targeted at the underlying cause of the pain as well as pain management.
- Physical therapy treatment for sciatica includes:
 - Aerobic conditioning exercise program
 - Back stretching exercises
 - Strengthening exercises
 - Functional retraining for proper technique when lifting, carrying, bending, or squatting
 - Manual therapy to mobilize the joints & provide pain relief
 - Dry needling to release hyper-irritable muscle tissue causing pain
 - Gait training and core strengthening exercises
 - Aquatic therapy
 - Pain management

MANGIARELLI REHABILITATION

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Physical therapy is the most effective treatment for sciatica pain. Sciatica refers to nerve pain that originates in the low back and radiates through the buttock down the length of the leg. It is caused by irritation or compression of the sciatic nerve.

Sciatica can be caused by a sports injury, fall or car accident or due to spinal stenosis or a herniated disc that compresses the sciatic nerve. It is more common among older adults and those in their 30s and 40s.

With sciatica, it is common to experience pain down only one leg. Pain may be a constant burning sensation, intermittent shooting pain or numbness and tingling.

Physical therapy is the first line of treatment for treating, relieving, and preventing sciatica symptoms. The therapist treats sciatica with targeted strengthening of the low back, gluteal muscles, back muscles, and hips and a controlled, progressive exercise program.

Manual therapy, dry needling, core strengthening, and aquatic therapy may also be incorporated into the treatment program to reduce pain and restore mobility and range of motion.

Physical Therapy After Covid

Have you recently had COVID and are experiencing deconditioning and generalized muscle weakness? Our physical therapists are here to help you recover from the long-term effects of Covid and regain function, strength, and mobility safely.

Our physical therapists conduct a thorough evaluation and design a program of exercises customized to your needs and condition to help you gradually rebuild muscle strength and flexibility.

The exercise program is progressive, ensuring you are consistently improving at a manageable pace under the supervision of your therapist. The therapist also monitors your blood pressure, pulse, and heart rate before and after each physical therapy session to ensure you are safe and stable.



**Physical Therapy After COVID:
Addressing Generalized
Weakness Post-COVID**

Benefits of Dry Needling at Mangiarelli Rehabilitation

On the blog, Mangiarelli Rehabilitation physical therapist Jen demonstrates how dry needling is performed at Mangiarelli Rehabilitation.

Dry needling is an effective physical therapy treatment for musculoskeletal pain. Using thin filiform needles, a physical therapist inserts the needle into a taut band of muscle, called a trigger point, to release tension, minimize pain, and restore range of motion and mobility.

Dry needling is often one treatment in a comprehensive physical therapy program. It is used to treat a variety of conditions, such as low back and neck pain, headaches, fibromyalgia, and TMJ disorders.



Come see Our Renovated Warm Water Therapy Pool!

Mangiarelli Rehabilitation completed the renovation and re-tiling of our warm water therapy pool in January. Warm water therapy decreases the amount of stress on your joints, allowing you to work on your balance, muscle strength and mobility more easily. Stop by our clinic for a tour of our newly renovated pool!

