

November 2022



**STRUGGLING WITH BACK  
PAIN OR SCIATICA?**



The American Association  
for Accreditation of Ambulatory  
Surgery Facilities accreditation programs

helps facilities demonstrate a strong commitment to patient  
safety, standardize quality, maintain fiscal responsibility, promote  
services to patients and collaborate with other health care leaders.



Offer  
Below!



## “Relief Is Here”

Did you know that back pain and sciatica are the two most common reasons people visit the doctor? It’s true! Back pain is a very common problem, and it can be caused by a wide variety of things, from an injury to poor posture. If you’re struggling with back pain or sciatica, you’re not alone. Millions of people in the United States deal with these problems every day. But don’t worry, there are ways to get relief.



## Back Pain

**Back pain** is a very broad term that can be caused by an array of different conditions. For example, you may experience back pain due to poor posture, a motor vehicle accident, or an injury sustained while lifting something heavy. **Back pain** can be described as acute, meaning it is short-term, or chronic, meaning it is long-term (typically lasting for three months or longer).



## Sciatica

**Sciatica** is a specific type of back pain that is pretty easy to diagnose, although it is reported as being highly uncomfortable. People with sciatica experience pain along the sciatic nerve, which is the largest nerve in your body.

The sciatic nerve begins at your lower back and then splits at the base of your spine to extend further down to your buttocks, legs, and finally ends at the bottom of each foot. The sciatic nerve can become compressed or irritated, which causes a “shooting,” “stinging,” or “burning” sensation in your lower back, buttocks, legs, or feet.

## Difference between Back Pain & Sciatica-

Sciatica is a type of back pain that is caused by irritation or compression of the sciatic nerve. While back pain and sciatica are similar, they also have differences that are frequently misunderstood.

Back pain is most commonly felt in the upper, middle, or lower back whereas Sciatica can cause pain to radiate down the back, buttock, thigh, and even the legs.



## How can I prevent back pain/sciatica from occurring in the first place?

One can **avoid sciatica** at the first place –

1. Good posture while standing, sitting, and even sleeping will help you to avoid pressure on your lower back.
2. Loose weight to lighten pressure on your nerves.
3. Stop Smoking.
4. Avoid sitting in a certain position for a long period of time.
5. General exercises.

### *A Few Exercises to Help Prevent Sciatica...*

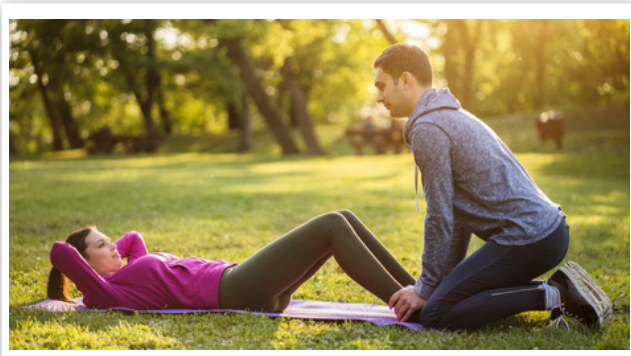


- Lie on your back and bend both knees.



- Pull one knee at a time into your chest and hold it there for 10 seconds.

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- Hold your hands behind your head while lowering your back to the floor.
- With your knees bent, stretch your arms to the side.

## HOW CHESTERTON PT CAN HELP YOU

While both back pain and sciatica are painful and unfortunate conditions to deal with, both can be successfully treated with our personalized rehabilitation treatment program.

Based on your diagnosis, our physical therapists will create a personalized treatment plan for you!

- The initial stages of your physical therapy treatment plan will be focused on providing immediate pain relief.
- Following that, your PT will broaden your treatment to include strengthening your core muscle group with therapeutic exercises and stretching.
- Your PT will also teach you how to use ergonomic techniques to protect your spine while performing daily tasks, such as sitting at a desk or driving

★★★★★ 

I have only been going here for a week now but I can already tell a difference ! I have been dealing with sciatica for over a year now so feeling relief this early is amazing for me ! All the staff are so kind and reassuring and having such a busy work and school schedule I was worried about fitting PT in my schedule but they work with you so much to make sure to accommodate you perfectly ! I would and will recommended this place to everyone !

-Alexandra R.

# Healthy Recipe

## Ingredients

- 4 eggs
- 1 2/3 cup sugar
- 1 cup oil
- 1 (16 oz) can of pumpkin
- 2 cups flour
- 2 tsp. baking powder
- 3 tsp. cinnamon
- 1 tsp. salt
- 1 tsp baking soda

### Cream Cheese Frosting :

- 3oz cream chese
- 1/2 cup butter
- 2 cups powdered sugar
- 1 tsp vanilla

## Pumpkin Bars



## Direction

In a mixing bowl, beat together egg, sugar, oil, and pupil until light and fluffy. In a separate bowl, stir together flour, baking powder, cinnamon, salt, and soda. Add to the pumpkin mixture and mix thoroughly. Spread batter in an ungreased 15x10-inch pan. Bake at 350' for 25 to 30 minutes cool & frost with cream cheese frosting.

### . Cream Cheese Frosting:

Cream together cheese and butter; stir in vanilla and powdered sugar, a little at a time, beating until smooth.

## ACTIVITIES of October ...!!





**Book Your Free Consultation**

**Book Your "Free 30 Minutes Consultation"!!**

**"Now You Can Come And Discuss Your Concerns With One of Our Best Physical Therapists.**

**At No Cost Or Obligation!"**

## **Refer-A-Friend!**

***Who Do You Know That Needs Our Help?***

**If you know someone who may benefit from our style of physical therapy, please pass along this newsletter or scan the QR Code below to go to our referral page. We will send them information about how we might be able to help them.**

*Click the link to visit the page on website*



**[REFER A FRIEND](#)**



Happy Thanksgiving from Chesterton Physical Therapy!

*Thank you to all of our loyal patients.  
We wish each of you lots of laughter  
and joy this holiday season.*



"Chesterton Physical Therapy Is Thankful For Your Trust And Support"

### Our 3 Convenient Location

#### CHESTERTON

425 Sand Creek Dr. N #C  
Chesterton, IN 46304  
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#### MICHIGAN CITY

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Michigan City, IN 46360  
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