



ISR Physical Therapy Newsletter

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A Proactive Approach to Excellence in Health & Rehabilitation

LONG-TERM RELIEF FROM SCIATICA

JULY 2008

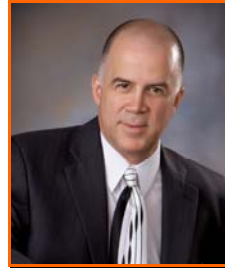
Sciatica is the painful condition that results from compression of nerve roots in the lower spine, which merge to form the sciatic nerve in the pelvis. The good news is that most sciatic pain, which radiates down the length of this nerve, resolves spontaneously within a few days or weeks. However, anyone who has experienced this pain in the lower back, buttocks, and legs will certainly want to do everything he or she can to prevent recurrence. With this in mind, stretching can be instrumental in bringing long-term relief. The spinal column and its related muscles, ligaments, and tendons are all designed to move, and stretching helps to overcome limitations in motion that might cause sciatica flare-ups.

For some people, the pain from sciatica can be severe and debilitating. For others, the pain might be infrequent and irritating, but has the potential to get worse. Physical therapy for sciatica includes both passive and active treatments. Passive treatments help to relax you and your body. They also prepare your body for therapeutic exercise, which is the active part of physical therapy. If you or a family member needs physical therapy, please call ISR Physical Therapy. Our services include post surgical rehab, sports injury care, and back and neck care.

As a means of preventing recurrences of sciatica, attention should also be paid to muscles that are seemingly uninvolved, such as the hamstrings.

www.isrphysicaltherapy.com

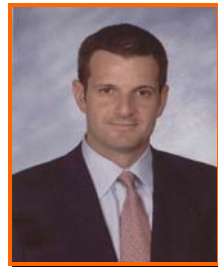
“No Excuses, Just Results!”



Richard W. Bunch PhD, PT



Trevor D. Bardarson, PT, OCS



Marc Cavallino MPT, OCS



Kristy Trosclair, PT

Fit Tips for a Healthy Back

- * Keep your stomach and low back muscles strong to support your back.
- * Never sit in one position for too long. Take plenty of breaks and stretch often.
- * When sitting, use an upright chair and make sure your knees are lower than your hips.
- * Walking or aqua-jogging may be beneficial types of exercise – ask your health professional.

Move of the Month:

Supine Knee to Chest Stretch



Lie flat with on your back; bring both knees (one at a time) to your chest. Grasp knees with both hands; bring knees close to your chest. Hold for 20 to 30 seconds. Repeat 2 or 3 times.

“My experience with ISR physical therapy was a positive one. I was taught exercises to help strengthen my back and the muscles that support my back.” B.B.

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