

VOL. 1 | SEPTEMBER 2021

STAY IN THE GAME



Newsletter for all our Form & Function Family



Why Does My Sciatica Cause Pain Down the Back of My Leg?

Since the easing of restrictions, we've been seeing lots of patients in Form & Function Physical Therapy with extreme back pain caused by sciatica, with a pain shooting down the back of their legs. Do you get a shooting pain down the back of your leg?

This pain could be sciatica.

Our PTA, Jim, said: ***"I would be extremely surprised if at least 10 people didn't walk, or hobble with the severe pain sciatica causes, into the clinic each week with this very complaint."***

This blog post covers this regular question, and everything you'd need to know about sciatica, including:

- What is sciatica?
- What causes sciatica?
- How do I ease sciatica?

All our little health secrets are great for anyone, but they are **essential reading for anyone aged 30+**, and especially for those that are looking to get more active now.

What is sciatica?

Sciatica happens when something presses or rubs on the sciatic nerve.

Sciatica is a type of pain caused by an irritated nerve and the pain is often felt from your bottom right down to your feet (and sometimes even your toes!).

OVERVIEW:

- Why Does My Sciatica Cause Pain Down the Back of My Leg?
- Products We Love
- Monthly Offer
- Health Tips and Tricks
- Patient Spotlight
- Recipes We Love

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

What causes sciatica?

Sciatica is most commonly caused by a slipped disc, which puts pressure on the sciatic nerve, and then causes the pain you're feeling.

However, certain behaviors or factors can raise your risk of developing sciatica. The most common factors for developing sciatica include the following:

- As your body ages, it becomes more likely that parts will wear out or break down.
- Certain careers place a lot of strain on your back, especially those that involve lifting heavy objects, sitting for extended periods, or twisting movements.
- Having bad posture.

What is a slipped disc?

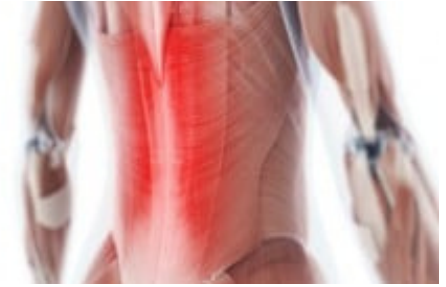
A disc is a small fluid-filled sac that sits between the bones in your back, you have lots of these. It's often better to think of them as little jam doughnuts (little potentially painful jam doughnuts!) and their purpose is to protect the bones in your back as you move.

As you bend forwards, whether this is whilst picking something up or having generally bad posture, the discs are pinched at the front and the fluid inside the discs goes to the back. For example, imagine if you squeeze a jam doughnut, the jam inside will move away from where you're squeezing.

Now, imagine that you're in a job where you're always bending forwards, leaning forwards and/or picking up objects. Eventually, this repetitive squeezing of the disc will cause the wall of the disc to wear down and the fluid will come out (much like the jam doughnut we talked about!) However, instead of having sticky jammy fingers that can be cleaned, you now have a very painful shooting sciatic sensation as the disc presses on the nerve that travels all the way down the back of your leg.

How can I ease the pain?

The problem is that if you completely rest when you're in pain, not only does the disc stay



slipped but the muscles that control your lower back will become weak, and therefore provide less support to the already problematic and painful area.

Limiting the amount of time that you spend sitting can help too. I know what you're going to say... 'sitting doesn't make it worse', but we find that many clients are sitting in a modified or slouched way to avoid their pain.

This makes your pain last longer and often leaves you with an uncomfortable looking posture long after the back trouble has gone.

Here's our expert tips to help you ease your sciatica pain...

1. Don't stop walking

Continue gentle exercise as soon as you can – anything that gets you moving can help.

Product We Love *Intelliskin*



[Click image
for link](#)

**Talk to our PT today to ask if
Intelliskin could be right for you
888.619.2885**

Whether you commute, sit at a desk, or play in the NBA, MLB, or AVP, having a strong postural base is essential for performance. It is the stealthwear for the high performance lifestyle because posture has a direct effect on the way we look, feel, and perform. Intelliskin works with your body to create the awareness that enables you to see and feel your posture improve. Stand tall with Intelliskin.

Intelliskin technology is a human technology™ company and the inventor of smart compression. products with patented posturecue™ technology works as your intelligent second skin. intelliskin cues your body's natural ability to support itself in the most efficient manner by improving posture and alignment. We love Intelliskin in our clinic and recommend this product to all of our patients that are looking to improve their posture.

Gentle walking can work wonders for those suffering from sciatica because regular walking spurs the release of pain-fighting endorphins and reduces inflammation.

Walking is one of the most overlooked forms of exercise, it's simple, free, and one of the best ways to get more active, become healthier, and lose weight without too much effort.

2. Fix your posture!

Make sure you have a good posture when sitting and standing.

Bad posture can compress your discs and irritate the sciatic nerve, your speed of walking, length of the stride and initial contact on the floor could be the reason why you're in so much pain with your back. Take a slower pace through taking slower steps and make sure you gently roll onto your toes and push off – this will shorten your stride.

When you walk with good posture, you take the stress away from your spine and engage the core abdominal and back muscles as they work in sync to get you moving.

The reality is that **we were NOT designed to sit down for 9+ hours a day**. Our bodies are not shaped to do so and we don't have the natural ability to cope with spending all of our time sitting down. Sitting has become so frequent and extensive that **I doubt you've ever questioned how much of it you actually do**. Sitting in a **slouched position** is one of the major causes for back pain as the pressure from sitting damages the lower back, which then leads to sciatica and stiffness in the neck joints.

Sitting up properly with your shoulders back and your back straight can help to improve your posture, as well as limiting your time seated.

Try leaving the car at home and walking to work, the shops, or to visit family... [CLICK HERE](#) to read about why you should walk and how to do it properly.

September's Special Offer

Buy one get one 50% off for IV hydration

Intravenous fluids are best used for athletes that push their bodies to perform on a regular basis. Whether that means competing in challenging matches, participating in endurance activities like marathons, working out at the gym or training at home. Intense activity can lead to the loss of fluids and minerals through sweating and sore and aching muscles during the recovery phase. As a result, athletes often look for effective ways to promote peak performance and care for their bodies before and after exercise.

Try it out at this special rate because all month long we will be having a special BOGO promotion where if you buy one session you will get another at 50% off

We work directly with a compounding pharmacy to get properly concentrated blends of vitamins, minerals, amino acids and other supportive substances to help with:

- Hormone balancing (PMS relief)
- Brain health (memory and focus)
- Energy levels
- Immune function
- Beauty (skin, hair and nail health)
- Hangovers
- And athletic recovery



**Talk to our office today to
reserve a time to start feeling
your best
888.619.2885**

3. Alternate heat and ice therapy

By using both heat and ice therapy, this can provide relief for sciatica. Ice helps with inflammation and heat encourages blood flow, but of which are essential to easing painful muscle spasms.

4. Stretch it out!

Every day that you wake up and you're not doing something small to help yourself to stay active, you'll be getting more and more stiff. You'll be losing flexibility of vital muscles and joints, and as this happens, you're more and more likely to suffer from things like sciatica and other life-changing pains.

5. Physical therapy

Expert advice, exercises, and hands-on treatment provided by a physical therapist can help improve sciatica and chronic back pain, as well as improve posture and strengthen your back muscles.



[Click image
for link](#)

Would you like to talk to a physical therapist?

We realize some people want more than just some free health tips... That's why we offer expert advice about the worry and frustration of sciatica and chronic back pain!

Here are just a few of the things you will learn in one of our Discovery Visits sessions:

- What is the underlying cause of your back pain? (hopefully nothing too serious!)
- Roughly, how long will it take to fix my problem?
- What to do to help – which doesn't include painkillers, resting or surgery etc.
- What other, natural, drug-free methods are there to speed up recovery alongside treatment?

Our discovery visit sessions are great for anyone that may be “unsure” if physical therapy is right for them, and they give you the opportunity to ask questions and see for yourself if we can help you.

We've got **5 Discovery Visit sessions available this week**. If you would like one of our limited taster sessions, please get in touch with the clinic using the contact details included below, and mention to the person who answers the phone that you would like to see a physical therapist for a \$35 Discovery Visit.

Try to get into good, healthy habits as quickly as possible – starting today, in fact you've picked one up already by reading this blog! In doing so, you're going to give yourself the best chance you can of improving your Sciatica, back pain, and of being active, healthy and happy.

[Click here to access our FREE Back Pain guide... it's full of useful hints and tips to help relieve your pain and get you more active.](#)

Health Tip & Trick:

Self-Test for Sciatica

By Trevor Field

The Slump Test

If you have suspicions that your low back pain may be coming from your sciatic nerve please watch this video and try this EASY at-home self test.

Sciatic nerve pain can come from multiple different sources. The most effective exercises and treatment for sciatica can vary greatly depending on where your nerve pain is originating. In this video, I'm sharing some simple signs and tests you can do at home to diagnose the problem behind your sciatic nerve symptoms in order to treat it as effectively as possible.

[WATCH HERE](#)

<https://youtu.be/UNXTAsYX80s>



Patient Spotlight: Officer Percy Clark



In this month's patient spotlight, we have officer Percy Clark with Pomona PD. Percy suffered an ACL tear in his right knee while performing a training exercise. This injury required reconstructive surgery and extensive rehab. That's where we came in. Percy has dominated his rehab and surpassed every benchmark in the clinic. Not only that, Percy has been crushing secondary workouts outside our walls.

We've had to get inventive with some of our strategies to challenge Percy. We love clients that push us to get better as much as we like pushing people to their maximum potential.

While the injury may have kept Percy off work for an extended period, it did enable him to spend some much needed time around his family. He'd better soak up that quality time away from work while he has the chance, because the pace of Percy's recovery will have him back on patrol, keeping our streets safe shortly.

Recipe We Love

Harissa Sweet Potato Fries



PREP 10 m
COOK 35 m
TOTAL 45 m

We love a good sweet potato for recovering after a tough winter workout: those healthy carbs are one of the best ways to refuel your muscles. We upgrade typical sweet potato fries by adding harissa, a chili pepper paste that smoky, satisfying and 100 percent cool-weather appropriate.

INGREDIENTS

SERVES 2

- 2 sweetpotato , raw sweet potato
- 1 tbsp Olive Oil, Extra Virgin
- 2 tbsp Harissa Paste
- 1/4 tsp Ground Black Pepper

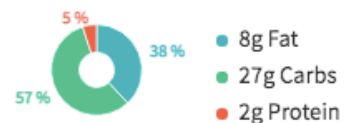
DIRECTIONS

- 1 Preheat the oven to 450 degrees Fahrenheit.
- 2 Peel the sweet potatoes (optional) and cut into long fries, approximately 3/4-inch thick.
- 3 Combine the fries with the olive oil, harissa and black pepper in a mixing bowl, and stir until the fries are fully coated.
- 4 Transfer to a baking sheet lined with greased parchment paper.
- 5 Bake for 25 to 30 minutes, turning the fries after 15 minutes, until they start to turn golden brown and crispy.
- 6 Remove from the oven and serve immediately.

NUTRITION INFORMATION

189 CALORIES PER SERVING

Serving Size: 1 cup



	% DV*
Total Fat 8g	11%
Saturated Fat 1g	
Cholesterol 0mg	0%
Sodium 157mg	6%
Carbohydrates 27g	13%
Dietary Fiber 4g	
Sugars 6g	
Protein 2g	1%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.