

VOL. 2 | MAY 2026

STAY IN THE GAME



Newsletter for all our Form & Function Family



Sciatic Pain: Is Your Workday Keeping Your Nerve Irritated?

If you spend long hours sitting at a desk, commuting, or simply moving less throughout the day, sciatic pain may be more than just random back or leg discomfort. Sciatic pain is one of the most common issues tied to modern sedentary lifestyles. While it can feel alarming, sciatic pain is usually not some mysterious or random injury. More often, it develops when the sciatic nerve becomes irritated by problems in the lower back, hips, pelvis, or surrounding muscles. Long periods of sitting, reduced strength, poor movement variety, and repetitive daily stress can all contribute. The encouraging part is that sciatic pain is often highly treatable. With the right physical therapy plan, movement strategies, and strength-focused rehab, many people can reduce symptoms, improve function, and return to active living without constantly managing flare-ups.

OVERVIEW:

- Sciatic Pain: Is Your Workday Keeping Your Nerve Irritated?
- Products We Love
- Monthly Offers
- Health Tips and Tricks
- 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 Exactly Is Sciatic Pain?

Sciatic pain, commonly referred to as sciatica, describes symptoms that occur when the sciatic nerve becomes irritated, inflamed, or compressed somewhere along its pathway.

The sciatic nerve is the largest nerve in the body. It begins in the lower spine, where several nerve roots from the lumbar and sacral regions combine, then travels through the pelvis, buttocks, and down the back of each leg toward the feet.

Because this nerve spans such a large portion of the body, symptoms may be felt in multiple areas rather than just one isolated location.

People with sciatic pain may experience:

- Sharp or burning pain in the lower back, buttock, or leg
- Tingling or numbness down the leg or into the foot
- Muscle weakness
- Increased pain during

sitting, bending, lifting, or driving

- Tightness or discomfort that radiates below the knee

It is important to understand that sciatic pain itself is not a diagnosis. Rather, it is a symptom that indicates the nerve is being irritated by another underlying issue.

Common origins of sciatic nerve irritation include disc bulges, lower back joint dysfunction, pelvic instability, muscle tightness (particularly in the glutes or piriformis), or long-term movement dysfunction. In many cases, the problem develops gradually rather than from one major injury.

Where Sciatic Pain Often Begins

For many individuals, sciatic pain originates in the lower back.

Disc irritation or herniation in the lumbar spine can place pressure on the nerve roots

that eventually form the sciatic nerve. When these nerve roots become compressed or inflamed, pain can radiate down the leg.

However, the lower back is not the only possible source.

Tightness or dysfunction in the hips, deep gluteal muscles, or pelvis can also create tension around the sciatic nerve.

This is why two people with “sciatica” may have very different root causes:

- One person may have a disc issue
- Another may have hip or piriformis involvement
- Another may primarily have weakness and poor movement patterns contributing to nerve sensitivity

Understanding the true source of irritation is essential for effective treatment.

How Modern Workdays Contribute To Sciatic Pain

Desk jobs and sedentary lifestyles can significantly

Benefits of PEMF

There are both short term and long term benefits of PEMF therapy. Short form transformation benefits include:

- Alleviation of pain and inflammation
- Enhanced range of motion
- Swift recovery of functional abilities
- Prevention of muscle atrophy post-surgery
- Strengthened ligaments
- Expedited healing of skin wounds and nerve regeneration
- Utilizing guided PEMF therapy can also have extended benefits that include:
- Boosted energy, circulation, and oxygenation of blood and tissue
- Improved sleep quality, blood pressure, and cholesterol levels
- Balanced immune system and accelerated cell regeneration
- Muscle relaxation

As you can see, there are many benefits of utilizing PEMF therapy and the experts at Form & Function PT are happy to help you realize them through our guided PEMF therapy.

contribute to sciatic symptoms. Long periods of sitting increase sustained pressure on the lower spine and often lead to reduced hip mobility, weaker glute muscles, and decreased core stability. Over time, these factors can create a body that is less resilient to daily physical stress.

When your day consistently involves sitting in the car, sitting at work, and sitting at home, your body receives less movement variability than it was designed for.

This can lead to:

- Increased spinal disc pressure
- Tight hip flexors and hamstrings
- Weak stabilizing muscles
- Reduced circulation
- Greater nerve sensitivity

Static postures themselves are not always harmful, but prolonged lack of movement can gradually create stiffness, weakness, and overload. For many adults, sciatic pain is not caused by

one dramatic injury, but rather by repeated daily stress without enough mobility, strength, or recovery to offset it.

Why Physical Therapy Is Often The Best First Step

Because sciatic pain can stem from multiple sources, generic stretching routines or random online exercises often fail to solve the root problem.

A physical therapist can evaluate:

- Movement mechanics
- Strength deficits
- Joint mobility
- Nerve sensitivity
- Daily activity habits
- Workplace demands

This allows treatment to focus on the actual cause of symptoms, rather than simply chasing temporary pain relief.

Treatment may include manual therapy, strength development, posture and ergonomic coaching, nerve mobility work, and progressive exercise.

The long-term goal is not just

calming the nerve, it is improving your body's ability to tolerate work, movement, exercise, and life without recurring flare-ups.

So there you have it! Sciatic pain can feel overwhelming, especially when it begins interfering with work, workouts, or sleep. But in most cases, it is not random, and it is rarely something you simply have to "live with."

With targeted physical therapy, strength training, and strategic daily movement, many people can reduce pain, restore function, and return to normal activities with greater confidence.

If your workday is constantly keeping your body in one position, your sciatic nerve may simply be asking for a better movement strategy.

If you're interested in exploring prolotherapy, we can recommend trusted specialists who provide this treatment. Call us at (888) 619-2885 for more information!

Product We Love

Pulsed Electromagnetic Field Therapy (PEMF)



PEMF therapy, originally approved in the 1970s for healing nonunion fractures, has since revealed its vast potential in addressing various health issues. This therapy not only accelerates healing from physical trauma and injuries but also aids in alleviating pain stemming from chronic conditions and degeneration. So, how does PEMF therapy work? It operates on the principle that every cell, atom, and chemical in our bodies functions through electromagnetic energy. Disruption in this energy flow can lead to impaired cell metabolism, contributing to various health issues. PEMF therapy aims to restore this balance, ensuring optimal cellular function and health. PEMF therapy works by delivering healing electromagnetic frequencies directly to the cells. This process bypasses bodily barriers, reaching every cell, tissue, organ, and even bones

Promos of the Month



MAY PROMO

GET A FREE COLD LASER SESSION BY REFERRING A NEW PATIENT

 **FORM & FUNCTION**
PHYSICAL THERAPY
SPORT • INJURY PREVENTION • PAIN • WELLNESS

25% Off Joint NutraCare For First Time Buyers On the Website



The Surprising Benefits of Morning Movement for Your Mind and Body

By: Trevor Field

Tennis and pickleball are incredible sports, but they come with their own set of challenges, especially when it comes to avoiding injuries. Whether you're playing for fun or aiming to stay competitive, preventing injury is key to keeping your body strong and your performance at its peak.

Try Several Warm-Up Variations

Not all warm-ups are created equal and sticking to just one routine can actually limit your performance and put you at greater risk for injury. Incorporate a mix of dynamic stretches, light cardio, and sport-specific movements to activate different muscle groups and gradually increase your heart rate. Whether it's jumping jacks, high knees, resistance band exercises, or mobility drills, experimenting with different warm-up styles can help you discover what works best for your body. The goal is to prep your muscles, joints, and nervous system for the demands of the game ahead.

Focus on Mobility & Flexibility

Think of mobility and flexibility as the secret sauce to athletic longevity. When your joints move freely and your muscles can stretch through a full range of motion, you're able to react faster, move more efficiently, and avoid unnecessary strain. Regular mobility work like hip openers, shoulder rolls, or ankle mobility drills combined with static stretching can make a big difference over time. Flexibility and mobility not only help reduce the chance of injury, but also enhance your balance, coordination, and overall performance on the court.

Have a Post-Game Recovery Plan

Game's over? Great but your job isn't done just yet. A proper recovery routine can help your body repair, rebuild, and get stronger between sessions. Start with some cool-down movements to gradually bring your heart rate back to normal. Follow that with static stretching to ease muscle tension, rehydrate to replenish lost fluids, and consider adding foam rolling or even a quick ice bath if you've been pushing especially hard. Prioritizing rest, sleep, and good nutrition will give your muscles the best chance to recover and come back even stronger.

Identify Warning Signs Early

Your body knows when something's off and it's up to you to listen. A little soreness is normal, but persistent pain, swelling, or discomfort shouldn't be brushed off. Addressing warning signs early can prevent minor issues from snowballing into full-blown injuries. Whether it's a nagging ankle or tight shoulder, don't hesitate to take a break, adjust your training load, or consult a professional if needed. Long-term health > short-term gains.

Stretching, hydration, recovery tools, proper footwear... Are you covering all the bases?

Taking a proactive approach to your health ensures you're not just showing up, but performing at your best every time you hit the court. Your body is your most valuable piece of equipment, treat it like it matters!

Recipe We Love *Mediterranean Crispy Rice Chicken Bowl*



Ingredients

- 1 1/4 pounds boneless skinless chicken thighs, cut into 1-inch pieces
- 4 tablespoons olive oil, divided, plus more for frying chicken
- 2 teaspoons Greek seasoning, divided
- 1/2 teaspoon paprika
- 2 cloves garlic, minced
- 1/4 teaspoon kosher salt
- 1/4 cup olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon banana pepper brine
- 2 teaspoons honey
- 1 teaspoon Dijon mustard
- 1/4 teaspoon dried oregano
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/4 cup water
- Rice Bowls
- 3 cups cooled cooked rice
- 1 tablespoon soy sauce
- 1 cup cherry tomatoes
- 1 cup sliced, quartered English cucumber
- 1/2 cup thinly sliced red onion
- 1/2 cup banana pepper rings
- 1/2 cup chopped flat-leaf parsley
- 1/2 cup Kalamata olives
- 1/2 cup crumbled feta cheese

How to Make Mediterranean Crispy Rice Chicken Bowl

- Preheat the oven to 400 degrees F (200 degrees C). Lightly grease a baking sheet or line with parchment.
- Combine chicken, 1 tablespoon oil, 1 teaspoon Greek seasoning, paprika, garlic, and salt in a bowl. Stir until well coated; set aside.
- For dressing, whisk olive oil, red wine vinegar, pepper brine, honey, Dijon mustard, salt, and black pepper together in a small bowl until well combined; set aside.
- Combine cooked rice and soy sauce with remaining 3 tablespoons olive oil and 1 teaspoon Greek seasoning in a bowl. Spread rice onto the prepared baking sheet.
- Bake rice in the preheated oven until rice is crispy and lightly browned, about 40 minutes.
- Meanwhile, heat a small amount of oil in a skillet over medium-high heat. Add chicken and cook, undisturbed, until chicken is browned on one side and releases easily from pan, 3 to 4 minutes. Continue to cook and stir until chicken is no longer pink at the center and browned on all sides, about 4 minutes more. Add water to the skillet and continue to stir until bottom of skillet is deglazed. Remove from heat.
- To serve, divide chicken, tomatoes, cucumber, red onion, banana peppers, parsley, and olives among 4 bowls. Top evenly with crispy rice and feta cheese and drizzle with dressing.