

ARC-REHAB.COM



**NO TRICKS - JUST TREATMENTS!**

**FIND RELIEF FOR SCIATICA**

- Carve out some time for FREE PT!
- Trivia Challenge — ENTER AND WIN!
- Spooky Recipe: Witch's Broomstick



ARC-REHAB.COM | (630) 323-8646

## No TRICKS Just TREATments!



## FIND RELIEF FOR SCIATICA AND SOAR TO NEW HEIGHTS

Have you been suffering from lower back pain that radiates into your buttocks and down your leg? You may be experiencing sciatica. At ARC Physical Therapy, our physical therapists are experts at treating sciatica and helping you find relief!

Sciatica, also referred to as "lumbar radiculopathy," is a pain, numbness, or tingling that radiates from the lower back. The sciatic nerve extends from the lumbar spine through the area of the buttocks and down the legs into the toes, making it the largest nerve in the human body.

When this nerve becomes irritated, pain or paresthesia ensue. Typically the symptoms are felt in the lumbar area, down the leg behind the thigh and into the lower leg and foot.

The pain can make it difficult to sleep, sit, bend or walk. The most common cause of sciatica is lumbar disc herniation, but it can be caused by an injury or severe disc degeneration, as well.

### Understanding How To Treat Sciatica

Sciatica is diagnosed through a physical therapy evaluation that includes a thorough history and physical examination. Sometimes a CT scan or MRI may be used to confirm the physical therapist's conclusions.

Once you are diagnosed with sciatica, a physical therapist will work with you to manage and relieve the condition. This includes:

- Reducing sciatica pain
- Improving motion
- Increasing strength
- Improving flexibility
- Educating you on how to sit, stand, bend, and twist
- Returning to normal activities

Targeted stretching and strengthening exercises are vital to treating sciatica pain. Our physical therapists will teach you an exercise program you can do at home to manage your pain.

Many exercises can help strengthen the muscles of the spinal column. Most of these exercises focus on improving your core. The core comprises muscles in the lower back, abdominals (stomach), gluteus (buttock), and hip muscles.

*Continued inside.*



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# No TRICKS! Just TREATments!

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Strong core muscles can provide pain relief because they support the spine, keeping it in alignment and facilitating movements that extend or twist the spine with less chance of injury or damage.

Targeted stretches for sciatica are designed to target restrictions in the joints and muscles that contribute to your pain. The initial assessment will help your therapist establish what's known as a "directional preference," meaning what helps the patient feel and move better.

Your home program will focus on improving your pain and restoring your motion so you can resume the activities you enjoy!

## How Does Physical Therapy Can Help You

If you're experiencing sciatica, contact one of our physical therapists immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on their findings.

Your therapist will identify the best way to resolve your sciatica pain using directional preference and strengthening exercises. They will examine how you respond to specific movements and positions. These particular movements and positions become the starting point for treatment.



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Next, your therapist will focus on areas where you struggle with weakness or develop compensations due to sciatica pain. These exercises will be targeting your core strength. In addition, your therapist will guide you through the postures that help alleviate your pain and minimize the risks of it returning.

As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. This will help increase your overall strength and range of motion.

We will spend one-on-one time with you on each visit, using hands-on techniques that get the joints, muscles, and nerves moving again. We will also design a comprehensive exercise and education program to get you back to comfortably doing what you want to do.

**Physical therapy can provide you with the treatment you need to alleviate your sciatica. If you are ready to get rid of your sciatica symptoms and enjoy your daily life free of pain, contact ARC Physical Therapy for relief.**

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**MONTHLY**

**TRIVIA**

**CHALLENGE**

ENTER  
AND WIN!

**Call us with your answers before the last Friday of the month and be entered into our PRIZE DRAWING!**

1. The first "talkie," *The Jazz Singer* starring Al Jolson, opened in New York on October 6 of what year?
2. What U.S. Airforce Captain became the first person to break the sound barrier?
3. What song did the British Army's band play as they marched out to surrender to the Americans at Yorktown on October 19, 1781?
4. In which year was the first transatlantic radio voice message made by the American Telephone and Telegraph Company from Virginia to Paris?
5. Which experimental painter and co-founder of the Cubist movement was born on October 25, 1881 in Malaga, Spain?
6. Founded on October 28, 1636, what is the oldest institution of higher learning in America?
7. Appointed by President Truman on October 28, 1949, who became the first woman ambassador?
8. What was the name of the radio broadcast which aired on October 30, 1938 and panicked millions of Americans who thought it was real?

# Carve out some time for FREE PT!



You may qualify for FREE PHYSICAL THERAPY from the clinic you trust.

If you have met your insurance deductible this year, or have unused money in your HSA account, it could cost you little or nothing to come to ARC Physical Therapy for your aches and pains from now until the end of 2023. Or, if you want to work on improving your strength before heading into 2024, we can help you with that too! Our highly experienced team of physical therapists offers specialized treatment services designed to help you meet your goals. Let us help you get a head start on next year, before your deductible renews again!

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## EXERCISE OF THE MONTH

### SCIATIC STRETCH

Start by sitting upright in a chair with your feet flat on the floor. Cross your affected leg over your other leg with your ankle resting on your knee. You should feel a stretch in the back of your hip. Gently lean forward to increase the stretch and hold for 30 seconds.



Check out our YouTube channel for more exercise you can do at home. Click on Videos under the Health Tips tab on our website or scan the QR code to visit our YouTube Channel.

The Physical Therapists at ARC can develop an exercise plan designed to help you reach your goals.

Call today for your appointment!

## SPOOKY RECIPE



### Witch's Broomstick



#### INGREDIENTS

8 String Cheese Sticks  
24 Pretzel Sticks  
Fresh Chives

#### INSTRUCTIONS:

Cut each string cheese stick in thirds (about 1 1/2" each). Make lengthwise cuts around the cheese stick to about half way up. In the uncut end of the cheese, insert a pretzel stick. Bind with a piece of chive. Cut off extra chive.

Recipe: momfoodie.com/witches-broomstick-snacks-easy-halloween-party-snacks/

## COME BACK TO ARC PT!

- Has a pain returned?
- Are you suffering from a new pain?
- Do you want to be healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to ARC Physical Therapy. Call us today!

Call for an appointment today and start your journey to a healthier, happier, pain-free life.



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