MAGNOLIA
Physical Therapy

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FREEDOM FROM PAIN

The Newsletter About Your Health and Caring for Your Body

INSIDE: Making Moves to Understand Sciatica • A 30-Second Self-Test for Sciatica • Staff Spotlight • Exercise Essentials • Featured Service: Massage Therapy • 2020 Mardi Gras Schedule



MAKING MOVES TO UNDERSTAND SCIATICA

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MAKING MOVES TO UNDERSTAND SCIATICA



Do I Really Have Sciatica?

Sciatica is one of the most overused words when referring to posterior leg pain. The majority assumes the achy pain down the back of the leg or "Sciatica" is the true problem. This assumption is false and steers people down the wrong path of treatment. It is important to know what true Sciatica is and what it is not.

What Is Sciatica?

The term "Sciatica" means pain down the Sciatic nerve root into the leg. We have very long nerve roots in a few areas of the body. This particular root travels from the spine all the way down to the feet. Sciatic pain means the actual nerve root itself is inflamed at some point in the pathway to the feet. Inflammation is fluid or swelling. This fluid is a problem. The brain talks to the body by sending "impulses" through nerve roots. When the nerve root is interfered with or blocked, communication stops. When this blockage or kink in the hose occurs due to inflammation, the root signals back to the brain "OUCH" as an alarm. This "ouch" is the body telling the brain that there is a problem somewhere. Communication is not occurring as it should and needs to be restored. The body is out of its usual harmony. Pain is the result.

Sciatica Is Not the Problem

Sciatica is the symptom, not the cause. Therefore, the term has a bad reputation. Many of us feel like we have all we need when we our leg pain is diagnosed as "Sciatica." In actuality, we only have half of what we need. The bad reputation comes from those who are told they have "Sciatica" and are then given an umbrella of choices to treat it. We often chase each idea until we have, in fact, irritated or worsened our symptoms. The pain can be severe, and to increase it can be debilitating.

So What Is the Cause?

The leg pain known as "Sciatica" can be caused by several problems in the spine. Examples of these problems can be Spinal Stenosis or narrowing of the spinal canal, Degenerative Disc Disease or a breakdown is the disks between each vertebra, or a simple muscle spasm to name a few. The causes can be vast. The key is finding a professional who can help find the true cause.

Physical Therapy Will Help Sciatica

Physical Therapists are trained in a multitude of ways to diagnose the cause of the Sciatica. Once the Physical Therapist isolates the cause, the path to pain relief is clear. Treatment will include several techniques to relieve the pressure caused by the problems listed earlier such as stenosis or degenerative discs. Soft tissue mobilization, assisted movement techniques, dry needling, disc resorption, unweighted actives, and various strengthening exercises are all interventions that can be used to treat the cause. Treating the cause then will treat the symptom or pain known as "Sciatica."

If you are having pain in your legs, call us today! Let Magnolia help you find and treat the true cause. You will on your path to a better life before you know it!

STAFF SPOTLIGHT ROBERT SIMMONS, LMT



Hi! My name is Robert, and I became a Licensed Massage Therapist (LMT) to heal! I believe Massage Therapy helps both physically and mentally. I give my all in each session and I'm dedicated to helping each person! As a teenager, I would rub on my mom's shoulders after a hard day of work. I think everyone needs that kind of care. I love working for Magnolia Physical Therapy because they believe in helping the community live pain–free. That's a goal I can always get behind!

Hot Stone Massage: I am often asked what Hot Stone Massage is and how does it work? Hot stones are tools that the massage therapist can use to massage the body. Much unlike the photos that are usually seen, the stones are not placed stationary on the body, but they are used as extensions of the massage therapist's hands and used to massage the soft tissues of the desired area of the body.

The massage stones, usually made of tumbled lava rock due to their ability to hold heat, are heated in water or a hot towel cabinet. The massage therapist uses his or her bare hands to handle the stones which helps ensure the stones are not too hot for the client. The heat from the stones has a wonderful way of penetrating through the surface layers of the tissues and muscles straight to the belly of the muscle. It is feels like the muscle is relaxing from deep inside the tissues to the more superficial outer tissues, instead of the usual outer surface tissues then to the deeper tissues normally experienced with hands-only massage. The deep relaxation of the surface tissues and superficial nerve endings makes hot stone massage great for those with painful superficial tissues, such as those with fibromyalgia.

At Magnolia Physical Therapy we do not do a full body hot stone massage, but we do use hot stones often during treatment sessions when necessary. Feel free to ask your LMT if this form of treatment is right for you!

30-SECOND SELF-TEST FOR **SCIATICA**

Do you have back pain or leg pain with standing or walking? Do you have a shooting pain in your leg when you stand up? Do you need to sit down for a minute for the pain to go away?

Take this 30-second self-test to see if you might have sciatica:



1. Sit on a chair and keep good posture.
2. Straighten one of your legs out in front of you, while pointing your toes to the sky. Pay attention to how high your leg can go and if you have any pain, numbness, or tingling.
3. Place your leg back down to resting position, and repeat the same movement with the opposite leg.

What Your Results Mean

If the leg with pain, numbness or tingling does not go up as high as the other leg, you likely have sciatica. Give us a call today at (504) 733-0254 and find out how we can help.



MIRACLE RED **JUICE**

- *2 large beets*
- *4 long carrots*
- *2 apples*
- *6 celery stalks*
- *2 limes or lemons*
- *2 inches of Ginger*

Prepare beets, carrots, apples, celery, limes (or lemons) and ginger by chopping into smaller pieces before placing into a juicer. As the skin of a beet is packed with antioxidants and nutrients, it is recommended to leave the skin on the beet. Beet skin and lemon peel (if using) have strong flavors, so you could also prepare half with skin and half peeled to adjust to the flavor, or simply peel all if preferred. Apples can be any color or variety. Do not peel the ginger, which you will add to taste as ginger can be spicy. After all ingredients are added to the juicer, blend until juiced and smooth. Drink juice as soon as possible to obtain all benefits of the antioxidants and nutrients. Miracle Red Juice can be absorbed more easily on an empty stomach. Drink one glass every other day or as needed.



SAT FEB 08
Krewe du Vieux 6:30pm French Quarter
krewedelusion Follows French Quarter

FRI FEB 14
SUN FEB 09
Krewe of Cork 3:00pm French Quarter
Krewe of Oshun 6:00pm Uptown
Krewe of Cleopatra 6:30pm Uptown
Krewe of Alla Follows Uptown
Krewe of Excalibur 7:30pm Metairie

SAT FEB 15
Knights of Sparta 5:45pm Uptown
Krewe of Carrollton Follows Uptown

SUN FEB 16
Krewe of Femme Fatale 11:00am Uptown
Krewe of Carrollton Follows Uptown
Krewe of King Arthur Follows Uptown
Krewe of Barkus 2:00pm French Quarter
Krewe of Kings 5:30pm Metairie

WED FEB 19
Knights of Babylon 5:00pm Uptown
Knights of Chaos 5:45pm Uptown
Krewe of Muses 6:00pm Uptown

FRI FEB 21
Krewe of NOMTOC 10:45am Westbank
Krewe of Iris 11:00am Uptown
Krewe of Tucks 12:00pm Uptown
Krewe of Endymion 4:15pm Mid-City
Krewe of Isis 6:00pm Kenner

THU FEB 20

SAT FEB 22

SUN FEB 23
Krewe of Proteus 5:15pm Uptown
Krewe of Orpheus 6:00pm Uptown

MON FEB 24

TUE FEB 25

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EXERCISE ESSENTIALS

USE THIS TECHNIQUE FOR CORE STRENGTH

Brace Marching

While lying on your back with your knees bent, tighten your stomach by drawing in your belly button close to your spine. Slowly raise up one foot a few inches and then set it back down, and continue as if marching for two minutes. Try not to move your pelvis or back while moving your legs. Drawing in your stomach helps to keep your spine from moving. Next, perform the same exercise with your other leg. Repeat 10 times.



Exercises copyright of TPEA SimpleSet Pro

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

MAGNOLIA
Physical Therapy

FEATURED SERVICE

MASSAGE THERAPY



Massage Therapy is both mentally calming and physically therapeutic— just about anyone can benefit from a session with a trained massage therapist.

Massage therapists use targeted pressure techniques on soft tissues, such as muscles, in order to promote healing and boost wellness. "Regular" massage is fairly well known, and involves gentle manipulation and pressing down on your skin and underlying muscles, tendons, connective tissue, and ligaments.

Several other types of massage therapy exist, including deep tissue massage, which involves more pressure and longer strokes, and lymphatic, in which gentle pressure is used to stimulate the lymphatic (drainage) system to decrease swelling and boost immunity. In trigger point therapy, pain centers are deactivated through targeted massage.

Depending on the kind of friction or smoothness needed for the massage, your massage therapist may use body oils. Aromatherapy candles or essential oils mixed in with the massage oil might also be part of the healing process.

To learn more about Massage Therapy and other services we offer, call us today at (504) 733-0254.

SUCCESS STORIES



"I would not imagine going anywhere else. Magnolia Physical Therapy has seen me through a foot injury, knee replacement, and shoulder operation; all with excellent outcomes! The staff is incredible, knowledgeable, and concerned. I am so grateful Dr. Sketchler and Dr. Ogden referred me here!"

MagnoliaTherapyLA.com

DIRECT ACCESS

WHAT DOES IT MEAN?

Physical Therapy is Easier to Get Than You Think!

- A physician referral no longer needed, whether you want a check-up, suffered a recent injury, or if you want to improve your overall health and wellness.
- Therapy may begin with a full evaluation by a licenced physical therapist.
- Patients sent by their physician can choose where they want to receive therapy.

Don't let your pain hold you back. Call us today at (504) 733-0254 or visit our website at MagnoliaTherapyLA.com.