



IT'S TIME TO PUT YOUR BACK PAIN IN THE PAST!

Do you experience pain when bending down or lifting objects? Are you experiencing pain in your leg or numbness in your foot? You could be suffering from back pain and sciatica. If you find yourself in pain, it's time to see a physical therapist at G3 Physical Therapy.

Sciatica is often a debilitating condition that is a result of compression or inflammation of a nerve root in your lower back. The condition most commonly is associated with pain radiating down the back of the leg. While "sciatica" may sound severe, it's entirely curable.

If you are suffering from back pain or sciatica, you know how hindering it can be. It can be so severe that people struggle to do activities of daily living. Fortunately, we are experts at treating any back pain or sciatica you may be experiencing.

Contact G3 Physical Therapy today to schedule a consultation and learn more about how physical therapy can help you find relief!

What Is The Difference Between Back Pain And Sciatica?

Lower back pain starts in and around the spine itself. The source of the pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments, and other soft tissue.

Although sciatica is a commonly used term, it may also be confusing because it is sometimes used to describe any type of back or leg pain. But true sciatica refers to pain that radiates downwards from the lower back/buttock region along the course of the nerve into the back of the thigh and lower leg.

Sciatica may include pain, paresthesias (i.e., numbness and tingling), and/or weakness in the muscles of the foot and lower leg. In severe cases, it can include changes to bowel and bladder function.

While back pain and sciatica can be intense, both are treatable with physical therapy, often within a few weeks. Even if you've suffered severe pain, there's still hope!

Risk Factors For Back Pain And Sciatica

The risk factors often associated with back pain are:

- Improper posture or prolonged positions (i.e., prolonged sitting)
- Spinal muscle and tissue damage (i.e., lifting strains or trauma from accidents)
- Limited hip, spine, and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka "core" weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e., compensations due to injury)

In most cases, sciatica is caused either by a herniated lumbar disc where the nerve root is irritated and/or inflamed by disc material ruptured, or by "arthritic discs" (degenerative disc disease).



Risk factors for a herniated disk include:

- Poor hip mobility with poor lower extremity flexibility
- Repetitive lifting, bending and twisting
- Sedentary lifestyle
- Genetics
- Excess body weight

Physical therapy can help you identify what is causing your back pain and/or sciatica and resolve it successfully. The combination of education and activity modification can help set the stage for a successful outcome.

How Physical Therapy Can Help With Sciatica

If you're experiencing back pain or sciatica, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

Education

Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions. Education seems small, but consistently it has been shown to help!

Stay active

It is essential to stay active despite the intensity of the pain. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

Exercise

Supervised exercises are vital to a successful outcome. A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs.

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Manual therapy

Physical therapists often use manual therapy for their patients with sciatica. Manual therapies include a variety of techniques that move one or more joints within normal ranges of motion to improve hip and spinal joint motion or function. It can also include soft tissue techniques that help to alleviate pain and allow for more mobility and improved function.

Our therapists know the solutions that work. Supervised exercises that include movements, postural corrections, nerve mobilization, and/or strengthening effectively provide relief.

Starting physical therapy treatments early in the diagnosis is the best way to quickly improve and resolve your pain.

Schedule an appointment today

If you are suffering from back pain or sciatica, call G3 Physical Therapy today. Don't live with the pain any longer – get relief with physical therapy!

MONTHLY EXERCISE

6 Fundamental Movement Patterns for Mobility and Alignment: Movement Pattern #2

This helps with balance and being able to catch your body weight when you step backwards. This is essential for the young and the old. For the young athlete, it's a functional movement pattern for any sport. Athletes need reflexive reactions to move in all directions, including moving backwards. For the old, this helps with balance, coordination, and strength to prevent falls and unwanted injuries.

Backward lunge with arm swing down past hips

1. Start position: Stand in your normal standing position with relaxed shoulders.
2. Take a small step backward and sit into your back heel and buttocks
3. At the same time, swing your arms down past your hips.
4. Return your feet and hands back to standing start position.
5. Repeat 5 times on each side and repeat 2x.

Why do we teach this every day? At G3 Physical Therapy we use a strategic set of movement patterns, both as a test and as an exercise. It may look simple, but requires flexibility, coordination, and strength. Over the next months, we will be sharing the different

SERVICE SPOTLIGHT

TRIGGER POINT THERAPY

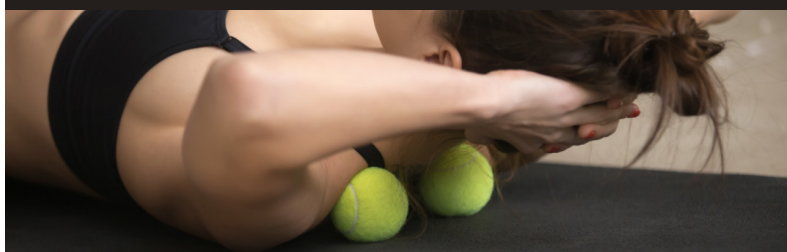
Trigger point therapy, often referred to as myofascial release or pressure point massage, involves the application of gentle yet firm pressure to specific areas along the body, known as pressure or trigger points. This pressure is provided by the hands of a skilled physical therapist trained in pressure point release. Sometimes, a therapist may choose to use certain devices or tools to assist with force application.

What conditions may benefit from myofascial release?

Fascial tissue is located throughout your body, so adhesions and activated trigger points anywhere within this tissue can affect a wide number of physiological systems and structures. Our physical therapy team has found myofascial release to be effective for numerous conditions, including:

- Sciatica • Carpal tunnel syndrome • Whiplash • Neck pain
- Medial and lateral epicondylitis (golfer's elbow and tennis elbow, respectively)
- Osteoarthritis • Adhesive capsulitis (frozen shoulder)
- Headaches and migraines • Back pain
- Thoracic outlet syndrome
- Temporomandibular Joint (TMJ) disorder

Are you struggling with acute or chronic pain? Contact Us Today at Encinitas, CA Center to learn more about myofascial release and other drug-free and non-invasive techniques



movement patterns. How each individual performs this whole-body movement pattern, gives the physical therapist clues about the health of your muscles and joints from head to toe, literally! If you can master these movements, you're on your way to restoring alignment and keeping your muscles and joints supple and strong!!

Always be aware. We do not believe in the "No Pain, No Gain" philosophy. If an exercise is properly prescribed, there can be normal physiological muscle soreness, but pain is an indication that something is wrong, so never push through pain and always tell your physical therapist. Call G3 Physical Therapy if you want to learn how to tailor this movement pattern for your body.



Visit Us Online g3.life or Call Today 760.452.2640

SEPTEMBER RESOLUTION

Most of us have forgotten our New Year Resolutions. So September is the perfect time to recommit or make a different resolution before the holidays. This can be any healthy habit that you want to make. There is a list below for some ideas. Just don't forget a small simple change can make a big difference.

List of new healthy habits:

- 1. Sleep.** Set your alarm clock an hour before your ideal bedtime. That will be your cue to start getting ready for bed. Sleep improves healing, improves your immune system, and decreases inflammation. A study at the UCSD VA hospital says that the best hours of your body producing immunity cells happens between the hours of 10pm-2am so make sure you're in bed before 9:30 pm.
- 2. Hydration.** Our body is 60-70% water. Every single cell in your body needs water to function. Most people know how important water is, but your body may not be able to absorb the water into our cells. Try adding some electrolytes. That can be as simple as a pinch of salt, a squeeze of fresh lemon juice, or my favorite electrolyte. <https://goodonyaorganic.com/products/hydrate-electrolyte-powder-mix?variant=39753701851322>
- 3. Breath.** Athletes train at high altitudes to increase their body's ability to make and use oxygen. But you don't have to be an athlete or be in high altitude to get the same results. You can train yourself to breathe through your nose. This nasal breathing technique can increase all kinds of physiological benefits, including better immunity to increased fitness levels. Check out this book *The Breathing Cure* by Patrick Mckeown or geek on this YouTube Video <https://youtu.be/kJwhCCECRMC>
- 4. Detox.** I have a good friend that does a food detox in November before Thanksgiving. I thought that was such a good idea. This will help make it easier to make better choices during the holiday season. It doesn't have to be anything extreme. It can be just practicing how to eat foods that decrease our inflammation like avoiding processed foods, limit sugars, or limit bread and pastas. Here are a couple of effective programs and one link if you are a foodie.

<https://whole30.com/>

<https://nomnompaleo.com/category/recipes/whole30>

<https://21daysugardetox.com/>



**SCHEDULE YOUR
APPOINTMENT
TODAY!**

760.452.2640



WE GET RESULTS

Highly recommend David as your physical therapist. I went from back spasms every night and lower back pain all day to full mobility in a few months. David truly cares about his patients. He gave me a ton of pointers on my stretches. Most therapists at other offices just give you the stretches and set you loose. It was very nice having a PT that cares and is motivated.

-Peter H.

STAFF BIO

David Cisneros, PT, DPT

A San Diego native, David was raised in Carlsbad, CA, enjoying football and soccer at Carlsbad High. After graduating from CSUSM with a kinesiology degree, he shifted to pre-medicine, aiming for an osteopathic doctorate. Yet, realizing his true passion for physical therapy, David earned his Doctorate from the University of St. Augustine in 2023. Previously an aide at G3, he returned as a skilled and caring PT. David now resides in Solana Beach, often found body surfing, running the 101, creating music, and relishing the community.



WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!



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