



THE DIFFERENCE BETWEEN
**BACK PAIN &
SCIATICA**

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THE DIFFERENCE BETWEEN **BACK PAIN & SCIATICA**

Have you been struggling with persistent back pain and been told it's because you have sciatica? Does your pain travel down your leg? It can be challenging to understand when it seems like even the medical community disagrees with what to call your condition. Fortunately, at Lake Country Physiotherapy, we can clear it up for you and set you on the right path for relief!

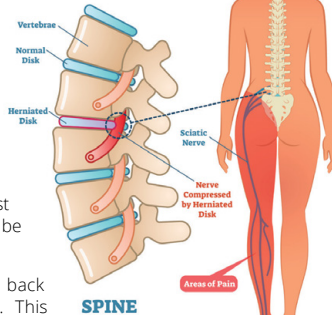
As many as 80 percent of adults in North America struggle with back pain at some point in their lives. Back pain can start for a variety of reasons. Being in a car accident, bending to pick something off the ground after a long car ride, and for some, just waking up in the morning seems to be the cause.

Unfortunately, up to 90% of low back pain diagnoses are non-specific. This means that not only do people suffer from back pain, but the exact cause may be difficult to identify. Confusion about the source of pain is complicated enough, but some of the confusion is in the diagnosis terminology.

To clarify what you need to do to alleviate your pain, your physiotherapist can categorize your pain, so you understand what is happening and, more importantly, what to do about it!

Call Lake Country Physiotherapy today and schedule an appointment with one of our spine experts to get the answers you need to get back to the life you want to live!

SCIATICA



Understanding The Difference Between Back Pain And Sciatica

Being educated about your back pain can help you make the right choices to overcome it as quickly as possible. One of the biggest problems with back pain is that it persists. One day it is here; the next day, it is gone. Not understanding why it comes or how to make it go away will lead many people to deal with back pain for years on end without seeking help.

Back pain is pain that is felt in the lower back and buttocks. Typically, back pain develops as a result of strain or sprain, prolonged postures, or sometimes for no apparent reason. The different mechanisms do not change the essential characteristic defining lower back pain; it is felt in the lower back and/or buttocks.

Often people are told they have sciatica when they experience pain in the buttock, but sciatica is a different classification and has its characteristics. Sciatica is often a debilitating condition that is a result of compression or inflammation of the sciatic nerve. The condition most commonly is associated with pain radiating down the leg. It can be so severe that people struggle to do everyday activities.

Sciatica pain develops in the nerves that exit the spinal canal and travel into the legs, and so while the pain itself technically starts in the back, the experience of the pain is felt in the leg(s). What's more, sciatica pain doesn't always develop like pain in the traditional sense. Sciatica can be tingling, numbness, and weakness in the leg(s).



Get your life back on track with Lake Country Physiotherapy!

www.LakeCountryPhysio.com

Phone: (705) 413-3587 Fax: (705) 327-9064



1. Feel free to call us and ask to speak to your therapist.



2. Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.



3. If further assessment is warranted, your therapist might recommend you come in for an appointment.

Call Lake Country Physiotherapy to talk with your physiotherapist today!

How Physiotherapy Can Help You Find Relief

If you are experiencing back pain or sciatica and haven't talked to a physiotherapist about your concerns, then now is the time to take action. Working with a physiotherapist can help you understand what you are dealing with and, most importantly, how to resolve it once and for all!

Whether you come to physiotherapy with lower back pain or sciatica, your physiotherapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

Education

Understanding what you are experiencing and how to manage it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions. It may seem insignificant, but it turns out to be one of the most important steps towards a solution.

Manual Therapy

Physiotherapists 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 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.

Exercise Therapy

Supervised exercises are vital to a successful outcome. A physiotherapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes directional exercises, proper postural exercises, nerve mobilization, or strength exercises.



Working with a physiotherapist is a great way to maximize your healing and help your leg dominant pains or back pains. A physiotherapist can identify the cause of the back pain/sciatica and present you with helpful strategies to reduce your pain, strengthen your back and improve your function.

Call Our Clinic Today

If you're experiencing back pain or sciatica, don't wait. Call Lake Country Physiotherapy today and schedule your first appointment to have your condition assessed and get the guidance you need to get back to life!

Source
<https://www.ncbi.nlm.nih.gov/books/NBK507908/>
<https://www.sciencedirect.com/science/article/pii/S1836955320300229?via=ihub>

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Exercise Essential



RAC Low Back Pain Program

The RAC Low Back Pain program (formerly known as ISAEC) is an innovative, upstream, shared-care model of care in which patients receive rapid low back pain assessment (less than four weeks on average), education and evidence-based self-management plans. It is designed to decrease the prevalence of unmanageable chronic low back pain, reduce unnecessary diagnostic imaging as well as unnecessary specialist referral.

In April 2018, the RAC Low Back Pain program began rolling out across Ontario in a phased approach as part of the Ministry of Health and Long Term Care's exciting vision for musculoskeletal care.

Referral into the program is only available to patients whose family doctor or primary care nurse practitioner has enrolled in the program. Chad Watters, one of our physiotherapists, is the Orillia and area assessor for this Ontario-wide program.

The RAC Low Back Pain program is funded by the Government of Ontario.

SEATED THORACIC EXTENSION

Sit up straight in a chair with your back against the back rest. Place your hands behind your head and tuck your chin. Slowly extend your back over the back of the chair with the top edge of the chair just under your shoulder blades. Hold then relax.

Are you suffering from back pain that won't go away?

Give us a call or visit www.LakeCountryPhysio.com today!

Did You Know?

We Can Also Treat:

- Back Pain
- Contusions
- Headaches
- Hip Pain
- Joint Pain
- Knee Pain
- Mobility Issues
- Neck Pain
- Pelvic Injuries
- Shoulder Pain
- Sports Injuries
- Sprains



Healthy Recipe *Strawberry Smoothie Bowl*

INGREDIENTS

- 1 frozen banana, peeled
- 1 cup frozen strawberries
- ¼ cup milk, more as needed
- Toppings of choice!

RECIPE

Add the banana, and strawberries to your blender. Let it sit in the blender for 2-3 minutes to soften slightly. Turn the blender on low and let it slowly chop up the fruit into small pieces. Add in the milk and blend, starting on low and working the speed up slowly, until smooth. Use a tamper or scrape down the sides as needed. Spoon the smoothie into a bowl and add on your desired toppings!