

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Request a FREE Consult

Innovative Newsletter

INSIDE:

DEEP TISSUE
LASER THERAPY

5 STAR REVIEWS

EXERCISE TO HELP
WITH PAIN

*We would love to hear
your success story!*

If you have overcome injuries, been freed from pain, or become stronger, healthier, and more active through physical therapy, we would love to hear your story.

REVIEW US

Quote of The Month:

"Happiness is a butterfly, which when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you."

– Nathaniel Hawthorne

CALL
TODAY!

(315) 786-0655

IS IT BACK PAIN OR SCIATICA?

EITHER WAY, INNOVATIVE
PHYSICAL THERAPY CAN HELP!

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 Innovative Physical Therapy, we can clear it up for you and set you on the right path for relief!

As many as 80% of adults in the United States struggle with back pain at some point in their lives. Back pain can start for a variety of reasons such as 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 physical therapist can categorize your pain, so you understand what is happening and, more importantly, what to do about it!

Call Innovative Physical Therapy 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!

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.

Continued inside.

**INNOVATIVE PT SOLUTIONS NOW PROVIDES
AT HOME PHYSICAL THERAPY WITH
TELEMEDICINE**

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Continued from previous page.

Often people are told they have sciatica when they experience pain in the buttock, but sciatica is a different classification and has its own 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).

How Physical Therapy Can Help You Find Relief

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

Whether you come to physical therapy with lower back pain or sciatica, your physical therapist 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 – 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 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 physical therapist 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 physical therapist is, hands down, the best thing you can do when you are looking to overcome back pain or sciatica. A physical therapist 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.

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

REQUEST FREE CONSULT



DID YOU KNOW DEEP TISSUE LASER THERAPY COULD HELP YOU BEAT YOUR PAINS?

No Referral/Prescription Needed – No Insurance Needed – No Expiration On Package Treatments – We Take Cash, Card, or Health Savings Account

Laser therapy is a safe, effective, and non-invasive way to treat pain and aid in the recovery of many conditions. Contact Innovative Physical Therapy Solutions today! We'll set up a free consult for you and figure out whether or not laser therapy could help in reducing your pain.

CLICK HERE to learn more about Deep Tissue Laser Therapy today!



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5 STAR REVIEWS

"Dr. McAvoy was amazing! I've had physical therapists before that kind of helped but were just okay. **She was SO knowledgeable and even helped me with an unrelated chronic issue** that I've had for years. I'm super pleased with my experience." – Diana

"**Ashley is absolutely amazing!** She helped me learn PT techniques to fix my **pelvic floor issues** after having my kids! She is very professional and a wonderful human to work with! I highly recommend her!" – Bethany

"I was experiencing really bad **back and leg pain** from football for almost 2 years and **these guys fixed the issue in like 2 months!!!** 100% recommend these guys!! Super professional!" – TLG

Share your success story!
Click below to leave us a review.

LEAVE US A REVIEW

Exercise To Help With Pain

Try this simple exercise to help you feel better...
Share this with a friend or family member to help keep them healthy too!

SEATED PIRIFORMIS STRETCH

Start by sitting up straight with your knees bent and feet flat. Bend your leg and place your ankle across the top of your other knee. Rotate your trunk toward your bent knee and gently pull your knee toward your chest until you feel a stretch in your hip. Hold for 30 seconds.



Innovative PT Coupons

FREE 15 MINUTE CONSULT FOR
YOU OR FOR A FRIEND!

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TODAY!



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Offer valid for the first 20 people to schedule.
Expires 7/15/23



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