



SPRING INTO ACTION WITH SCIATICA RELIEF

Exercise Essentials

*Single Knee-to-Chest
Stretch*

Direct Access

*Save Time, Save Money, Improve
Your Health Naturally*

Healthy Recipe

*Try This Healthy Recipe
Perfect With The Family*

Is pain or injury keeping you from enjoying life? Schedule your consultation with a physical therapist today by calling 405.478.5333!

RELIEF FOR SCIATICA PAINS



Do you have shooting pains down one leg? If you live with sciatica, you know how uncomfortable it can get. Sciatica is a condition that develops from compression or inflammation of the sciatic nerve. People with sciatica typically report feeling pain in their lower back, buttocks, and down their leg(s).

Fortunately, physical therapy is one of the most effective ways to treat sciatica pains. At Courcier Clinic, our therapists can help you figure out what you are dealing with and resolve it! We offer hands-on, sequenced manual therapy to our patients in need, as well as diagnostic testing that can help us to determine the source of your discomfort accurately.

If you live with sciatica or think you may be experiencing sciatica symptoms, contact Courcier Clinic today to discover how to find relief.

Is it sciatica or neuropathy?

The symptoms of sciatica can often be misinterpreted for symptoms of another condition called neuropathy. Sciatica symptoms may include shooting pains down one leg or persistent numbness in the lower leg and foot. Severe pain, chronic pain, or constant numbness or weakness along one side of the body are signs that physical therapy is needed.

With sciatica, if the pain you feel goes from dull to severe or travels further down the leg, there are strong indications that physical therapy intervention is needed. The severity of pain you feel can change depending on how compressed your sciatic nerve becomes. The more compressed it is, the more painful it will be and the more likely you will experience weakness in the leg.

Incontinence may also indicate that your sciatica is getting worse and immediate attention is needed. If your sciatic nerve becomes compressed in the area that controls your bladder and/or bowel function, you may lose control of those functions. This is rare, but it is considered a medical emergency and immediate medical care should be sought.

Neuropathy is a disease or damage to one or multiple nerves. For example a single nerve can be compressed at the elbow, wrist, or ankle or a variety of issues can cause systemic nerve damage involving multiple nerves. Numbness, tingling (pins and needles sensation), muscle weakness or muscle loss in the affected part of the body are the most typically experienced neuropathy symptoms. Other feelings include a searing, burning, throbbing, or stabbing pain that can come on very suddenly.

Neuropathy can be especially problematic as the lack of sensation in the affected body can lead to cuts or injuries without you even realizing it! : Sometimes blood circulation is compromised, therefore the chance of infection is increased. Driving can be affected if sciatica or neuropathy of the right foot is involved.

Patients experiencing neuropathy are often extremely sensitive to touch or cold temperatures. They can feel pain from something that generally wouldn't be painful at all, such as the feeling of a t-shirt rubbing their skin. Sometimes, sciatica and neuropathy can be related. The best way to determine what the true cause of your pain is to visit a Courcier Clinic therapist for a complete evaluation.

Call Courcier Clinic at **405.478.5333** to schedule your appointment today!
Visit **courcierclinic.com** for more information.

HOW PHYSICAL THERAPY CAN HELP SCIATICA

Physical therapy treatments can help relieve your sciatica pain and speed up the healing process. It is in your best interest to consult with a physical therapist before symptoms become too severe.

When patients begin their physical therapy sessions early enough, they can manage their pain quickly and in a straightforward manner. Targeted stretching and strengthening exercises are vital to treating sciatica pain. Our physical therapists will also teach you an exercise program you can do at home to manage your pain.

Targeted stretches for sciatica are designed to resolve 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.

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. The core comprises muscles in the lower back, abdominals (stomach), gluteus (buttock), and hip muscles.

Physical therapy is much more budget-friendly for the average person, especially when symptoms are addressed early. When physical therapy treatments are performed at the start, the need for expensive diagnostic tests or invasive surgeries typically becomes obsolete.

Sequenced hands-on manual therapy: Courcier Clinic also uses specific sequenced hands-on manual therapy techniques to achieve the desired effects and optimal outcomes for healing for each of our patients dealing with sciatica pain.

Our physical therapists assist our patients through movement to regain optimal function in every affected joint, muscle, or fascial/

connective tissue layer. Using gentle techniques, we move through targeted layers of the body to remove barriers to healing.

Manual therapy techniques may include:

- Soft Tissue Mobilization
- Deep Tissue Mobilization
- Muscle Energy Release
- Functional Movement

Direct Mobilization: Passive Range Of Motion or Active Assisted Range Of Motion (depending on the patient's needs)

EXERCISE ESSENTIALS

Single Knee-to-Chest Stretch

While lying on your back, place your hand behind one knee and gently pull it towards your chest. A comfortable stretch should be felt in the lower back and buttock. Hold the stretch for 30 seconds and take a deep breath in for 5 seconds and out for 8 seconds. Slowly return to starting position and repeat with other leg. Aim to complete 4 to 6 stretches per leg.



courcierclinic.com

Shoulder Pain Workshop



If pain limits you from daily tasks, you need hands-on P.T. Call for a FREE screen or schedule today if you don't want to wait for the workshop!

Jeff Courcier will be teaching **Shoulder Pain Workshops** on March 9th, 2022 at 6:00 PM, and April 11th, 2022 at 6:00 PM. These will be informative workshops for people to learn how Physical Therapy can help relieve your shoulder pain and improve your function!

Neuropathy Workshop



If neuropathy is keeping you from doing what you love, we can help. Call for a FREE screen or schedule today if you don't want to wait for the workshop!

Jeff Courcier will be teaching **Neuropathy Workshops** on March 21st, 2022 at 6:00 PM, and April 18th, 2022 at 6:00 PM. These will be informative workshops for people to learn how Physical Therapy can help relieve your neuropathy and improve your function!

Call 405-478-5333 to reserve your spot for any of the workshops today! Hurry space is limited!

DIRECT ACCESS & INSURANCE INFORMATION

Save Time, Save Money, Improve Your Health Naturally

Whether you want to come in for a check-up, suffered a recent injury or if you want to improve your health, a physician referral is not needed. In the state of Oklahoma, you have direct access to physical therapy for 30days without a doctor's order. You have the power to choose. You can schedule a Wellness Eval/Treatment if you are still hurting and not getting the help you need. The P.T.s at Courcier Clinic have extensive specialty training in sequenced manual therapy, functional dry needling, diagnostics using EMG and MSKUS to provide a higher level of care that is not found at all P.T. clinics. If you have failed at other traditional P.T. clinics and you have chronic pain, there is hope for help at our clinic.

New equipment at Courcier Clinic: Neubie-NeuFit System



Neubie is an innovative cutting-edge bio-electrical stimulation device that can detect and treat areas of dysfunction. The nervous system controls every muscle movement. If a movement dysfunction is contributing to your pain, keeping you injured, limiting your mobility, or robbing you of performance, then the Neubie may be able to help you.

The Neubie uses pulsed direct current to promote the healing of your body's tissues. It allows Courcier Clinic's physical therapists to provide a meaningful dose of neuromuscular re-education. Treatments with the Neubie are active rather than passive. During traditional e-stim treatments, you would lie down, passively accepting the current and not moving. The Neubie actually permits movement, even at therapeutic levels of stimulation. Contact Courcier Clinic today to see how our Neubie-NeuFit System could benefit you. Courcier Clinic has added this treatment option for sciatica and neuropathy problems.

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Healthy Recipe

Easy Healthy Baked Salmon

INGREDIENTS

- 4 salmon fillets - about 6 ounces each
- 2 tablespoons olive oil
- add sea salt and Mrs. Dash to taste
- ¼ teaspoon cracked black pepper
- 2 teaspoons minced garlic
- 1 teaspoon Italian herb seasoning blend
- 1 medium lemon

DIRECTIONS

Preheat oven to 400 degrees and grease a large baking pan. Arrange salmon fillets on the baking sheet and season generously with salt and pepper. Stir together olive oil, garlic, herbs, and juice of 1/2 lemon. Spoon over salmon fillets being sure to rub all over the tops and sides of the salmon so it has no dry spots. Thinly slice remaining 1/2 of lemon and top each piece of salmon with a slice of lemon. Bake for 12-15 minutes until salmon is opaque and flaky when pulled apart with a fork. You can broil the last 1-2 minutes if desired. Garnish with fresh thyme or parsley if desired and serve.

<https://www.lecremedelacrumb.com/best-easy-healthy-baked-salmon/>