



**ELEMENT**  
**PHYSICAL THERAPY**  
We are the balance experts

# NEWSLETTER

## IS IT BACK PAIN OR SCIATICA? EITHER WAY, PHYSICAL THERAPY CAN HELP YOU FIND RELIEF!

[Click Here to  
Request an Appointment](#)

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 Element Physical Therapy, we can clear it up for you and set you on the right path to 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 therapists can categorize your pain, so you understand what is happening and, more importantly, what to do about it!

Call Element 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

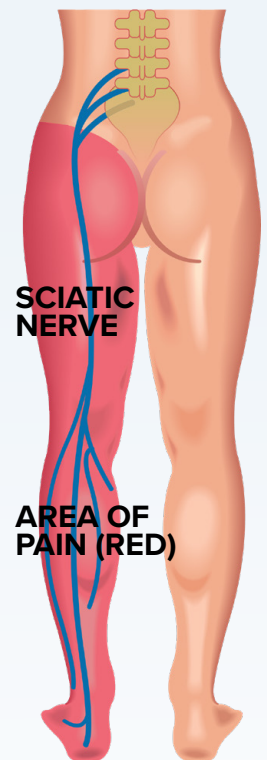
Being educated about your back pain can help you make the right choices to overcome it as quickly as possible. One of the biggest problems with back pain is that it persists. One day it is here; the next day, it is gone. Not understanding why

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.

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



*Continued inside.*

**CALL (406) 220-5362 TODAY FOR AN APPOINTMENT!**

**Call Today 406.220.5362**

# IS IT BACK PAIN OR SCIATICA?

*Continued from previous page.*

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 toward 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 Element Physical Therapy today and schedule your first appointment to have your condition assessed and get the guidance you need to get back to life!**

[Click Here to  
Request an Appointment](#)

# EXERCISE ESSENTIALS

## WRIST FLEXOR STRETCH

1. Start by sitting up straight with your legs together straight out in front of you.
2. Bend one knee and cross that leg over your straight leg.
3. Gently twist your upper body across your bent leg using one arm to balance on the floor and the other to pull your knee closer to your chest.



# PATIENT SUCCESS

*"They have outstanding personnel and advanced cutting-edge equipment."*

*"Element Physical Therapy is a top-notch resource for anyone with dizziness and balance problems. They have outstanding personnel and advanced cutting-edge equipment."*  
—Bente W.

**Have a PT Success Story You Want To Share?  
We Would Love To Hear It.**

[Click Here to  
Share Your Success Story](#)

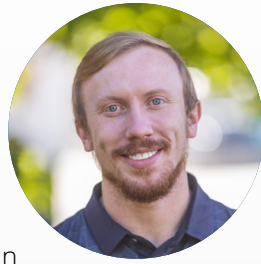
Call Element Physical Therapy Today or visit our website at [elementpt.com](http://elementpt.com) to schedule your consultation today!

# MEET DAIN!

## DAIN COWAN, PTA

Born and raised in Missoula, Montana. I joined the Army in 2014 and served from 2015 to 2018 as an Airborne Infantryman with the 3-509<sup>th</sup> Battalion in Alaska. Through jumping out of planes and training in the military, I learned the importance of health and maintaining optimal levels of strength. I earned a certification as a personal trainer from the National Academy of Sports Medicine in 2018 as well as certificates in coaching Olympic Weight lifting from USAW.

As a personal trainer, I specialized in strength and conditioning. I then went on to pursue Physical Therapy in college at the University of Alaska Anchorage and graduated from the Physical Therapist Assistant program in 2022. I have a passion for helping others recover and enhance their life as well as educate on the importance of a healthy lifestyle in being active and maintaining strength. In my free time, I train and compete as a competitive weightlifter as well as compete as a pro disc golfer. I love everything outdoors and also enjoy dancing.



[Click Here to Request an Appointment](#)

# HEALTHY RECIPE

## WATERMELON CUCUMBER LIME REFRESHER



### INGREDIENTS

Per each serving

- 3 cups watermelon, cubed
- ½ cucumber, diced
- 2 limes, juiced

**Directions:** Add the watermelon, cucumber, and lime juice to a blender, and blend until smooth. Using a mesh strainer, strain the juice over a large liquid measuring cup to remove the pulp. Use a spoon to help stir the pulp and press out the liquid. (Reserve the pulp to make pulp muffins!)

Source: [www.tasty.co/recipe/watermelon-cucumber-lime-juice](http://www.tasty.co/recipe/watermelon-cucumber-lime-juice)

# A NOTE FROM AMY

## Unsure What's Causing Your Back Pain? We Can Help!



*Hello friends,*

*Did you know lower back pain is the most common musculoskeletal complaint worldwide? It's certainly one of the most common conditions we treat at Element Physical Therapy!*

*However, it can be challenging for people to determine what, exactly, is causing their lower back pain. Often, back pain seems to appear from nowhere. Fortunately, there's always some kind of source. You just have to figure out what it is.*

*My team loves getting to the root of people's pain. It might sound odd—until you realize that by determining the source, we can better customize your solution.*

*If that twinge in your lower back is starting to get worse, give us a call. We'll solve the mystery of your back pain so you get back to a healthy, active lifestyle.*

*All the best,*

*Amy Downing,*

*PT, Owner, Emory Certified Vestibular Specialist*

## COME BACK TO PT!

# ARE YOU IN PAIN?

**Come Back to Element Physical Therapy today to start enjoying life pain-free!**



[Click Here to Request an Appointment](#)

Call Element Physical Therapy Today or visit our website at [elementpt.com](http://elementpt.com) to schedule your consultation today!