

# NEWSLETTER

## SEEK RELIEF FROM BACK PAIN WITH MEDX™

Back problems are among patients' most frequent complaints to their doctors. Some 16 million adults – 8% of all adults – experience persistent or chronic back pain, and as a result are limited in certain everyday activities. Back pain is the sixth most costly condition in the United States. –University of Georgetown<sup>1</sup>

**How stable is your back?** With a computerized lumbar extension test, we can determine if your paraspinal muscles are weak. Muscle weakness may increase your risk for lumbar instability, back pain, and injury.

**What are paraspinal muscles?** The paraspinal muscle group supports your back. You use them all day, every day – every time you lean to the side, bend forward or backwards, or do any type of twisting motion.

**Why MedX™?** Our MedX™ program focuses on isolating small lumbar muscle groups to truly make you stronger!

We can customize a program that will optimize your lumbar strength and reinforce the stabilizing muscles in your low back. By increasing core strength, we can optimize your function in all of your activities. The MedX™ machines are designed to decrease pain over a number of guided sessions. Immediate results include an increase in blood flow and range of motion.



**Does it work?** “The Universities of Florida and San Diego as well as various orthopedic clinics around the world have published compelling research showing specific spinal strengthening exercises using the MedX™ Lumbar Machine help people get better—even after multiple failed attempts at other forms of treatment. MedX™ is considered the “Gold Standard” for treating and reducing back pain.” – Associated Physicians Group<sup>2</sup>

*References:*

1. <https://hpi.georgetown.edu/backpain/>
2. <http://www.associatedphysicians.com/programs-services/medx/>

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# NEWSLETTER

## HOW DO I KNOW IF I NEED PHYSICAL THERAPY FOR MY SCIATICA PAINS?

Physical therapy is one of the most effective ways to treat sciatica pains. If you are living with sciatica, you know how uncomfortable it can get. Many people with sciatica describe their symptoms as "shooting pains," typically down one side of the body.

While sciatica does not always require physical therapy treatments, they can help relieve your pain and speed up the healing process. Because of this, it is in your best interest to consult with a physical therapist before symptoms become too severe.

If you are living with sciatica, or you think you may be experiencing sciatica symptoms, contact ReRequest Physical Therapy today to discover how we can help.

**How can physical therapy help me?** In a study published by Spine, a respected medical journal, physical therapy treatments for sciatica pain were seen to be a highly effective option. When a patient begins their physical therapy sessions early enough, they are able to manage their pain quickly and straightforwardly.

**30-DAY ACCESS**

30-DAY ACCESS TO  
**GAINESVILLE HEALTH &  
 FITNESS CENTER**

AND FREE BABYSITTING DURING YOUR THERAPY SESSIONS

**BIG  
 DEAL**

**ReRequest**  
 PHYSICAL THERAPY

Contact us today to start your 30-day trial!

Offer expires 09/27/21

Additionally, physical therapy is much more budget-friendly for the average person, especially when symptoms are addressed early.

This study found that over a one-year period, people who had taken 10 sessions of physical therapy had better results for their sciatic pain than those who were only given guidelines for treatment. The authors attributed the cost-effectiveness of the physical therapy approach in part to using it as a first line of defense against sciatic pain and back pain. When physical therapy treatments are performed at the start, the need for expensive diagnostic tests or invasive surgeries typically become obsolete.

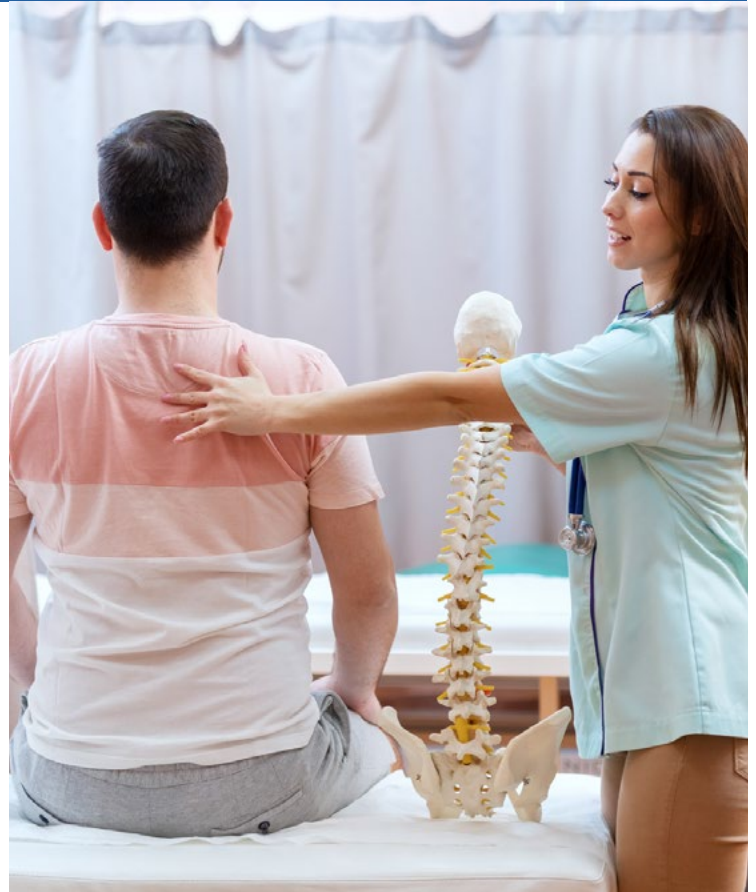
# WHEN SHOULD I SEE A PHYSICAL THERAPIST?

A good rule of thumb is to come in for a free consultation as soon as you begin to notice sciatic pains – from there, your physical therapist can let you know what the best course of action will be. Sciatica symptoms may include shooting pains down one leg, buttock, or persistent aches and/or numbness in the lower back. Additionally, any dull or piercing aches along the sciatic nerve may be an indication of sciatica.

If pain goes from dull to severe, that is a strong indication 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. Severe pain, chronic pain, or persistent numbness or weakness along one side of the body that doesn't seem to go away are all signs that physical therapy is needed. Incontinence may also occur as an indication that your sciatica is getting worse – if your sciatic nerve becomes compressed in the area that controls your bladder and/or bowel function, you may lose control of those functions.

**How can I get started?** Why wait to find relief? Contact ReQuest Physical Therapy today to find out more about our physical therapy methods for treating sciatic aches and pains.

Physical therapy treatments will include targeted stretches and exercises to help strengthen the muscles around the sciatic nerve. Treatments may also focus on range of motion and postural improvement, in order to decrease stress on the sciatic nerve and prevent pain from returning in the future. At ReQuest Physical Therapy, we offer free consultations that will allow you to speak with one of our licensed and experienced physical therapists to learn their professional opinion regarding your condition. From there, if you decide to proceed, you will begin an examination process that will help determine the best personalized treatment plan for your specific needs.



**If you are ready to get rid of your sciatica symptoms, don't hesitate to contact us today. We'll get to the root of the issue so you can get back to living your life comfortably!**

**CALL GAINESVILLE: (352) 373-2116 OR TIOGA: (352) 692-2131 TODAY TO SCHEDULE AN APPOINTMENT!**

## LEMON THYME EDAMAME AND BLACK BEANS

*TASTE HOW DELICIOUS WEIGHT LOSS CAN BE*

### INGREDIENTS

- 2 lemons, divided
- 1 tsp. lemon zest or to taste
- 1 C frozen, shelled organic edamame, thawed
- 1 C black beans, cooked
- ½ C scallions, chopped
- ½ C zucchini or carrots, grated
- 1 tbsp. garlic, minced
- 2 tbsp. reduced fat feta or goat cheese, crumbled
- 1 tbsp. fresh thyme leaves, minced
- ¼ tsp. sea salt
- ground peppercorns, to taste

### DIRECTIONS

Juice 1 lemon. Remove seeds and keep pulp. Avoid the bitter white pith and thin partitions that divide the sections. Zest peel. Cut the other into wedges for garnish right before eating. In a medium bowl, stir together all the ingredients. Serve immediately or refrigerate at least 30 minutes to allow flavors to blend.

*This is one of the many complementary recipes shared in our healthy lifestyle program, Physicians' Choice for Weight Loss.*





## PATIENT RESULTS

“I was struggling with chronic back pain. The MedX program at ReQuest Physical Therapy has made all the difference. I feel stronger and more stable and it only takes 15 minutes!”

- R.W.



**JEFF GILLIAM**  
PT, PhD, OCS  
Call today to schedule!  
(352) 373-2116

**ReQuest**  
PHYSICAL THERAPY

**WE MAKE IT  
EASY TO LEAVE  
A REVIEW!**



## INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame  
*(this will take you directly to our Patient Results page)*
3. Tell us how we've done! Click on the "Review Us" button on the top of the page.



requestphysicaltherapy.com

## Fun & Games: Sudoku

			1			3		5
2				5			9	
9						6		
4	8			1				
		2	6	3	4	5		
				8			7	4
		4						3
	6			4				7
7		1			9			

http://1sudoku.com

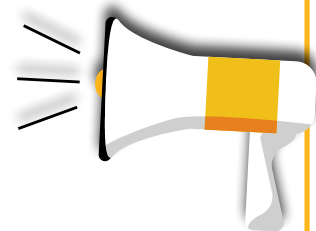
n° 327735 - Level Hard

WHO DO YOU KNOW THAT NEEDS OUR HELP?

# REFER A FRIEND!

### Do You Have Friends or Family Unable to Do The Following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active and healthy lifestyle



**HAVE THEM CALL OUR OFFICE TODAY!**

**GAINESVILLE: (352) 373-2116**

**TIOGA CENTER: (352) 692-2131**

**ReQuest**  
PHYSICAL THERAPY

# PRACTICE NEWS

## Welcome Shannon Jessup!

We are thrilled to announce that Shannon has joined our team full-time! Shannon just graduated from UF with her degree in Physiology and Kinesiology and is in the process of applying to doctoral physical therapy programs. When asked about her new role as Exercise Specialist and MedX Guru, Shannon said, "I am excited to introduce our patients to equipment that they've never tried that can greatly reduce back and neck pain. It's rewarding to watch our patients gain range of motion and strength." In her free time, Shannon enjoys working out, going to Boca Fiesta, and teaching cycling classes at Gainesville Health and Fitness.

**Congrats, Shannon! We are so excited to have you running our MedX program!**

## MAKING STRIDES AGAINST *Breast Cancer*



**American Cancer Society**  
MAKING STRIDES Against Breast Cancer

**AVON**  
National Presenting Sponsor

**Making Strides Against Breast Cancer of Gainesville**

Walk with us to raise the funds needed to end breast cancer.

**WHAT UNITES US, IGNITES US.**

**October 23, 2021**

**CELEBRATION POINTE**  
4949 Celebration Pointe Ave  
Registration: 7:30 a.m.  
Opening Ceremony: 8:00 a.m.  
Walk: 9:00 a.m.

For more information:  
727.537.0944  
Kyle.Stone@cancer.org  
MakingStridesWalk.org/GainesvilleFL

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# Exercise Essentials

Try these exercises to keep you moving...

## BALANCE | FORWARD REACH

Stand near a support, such as a chair, in case you need it. Reach forward as far as you can. Hold for 5 seconds and repeat 3 times.

Stretches  
back

Exercises copyright of  
 SimpleSet Pro  
www.simpleset.net



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

## BIRD DOG 4-POINT ARM & LEG RAISE

Begin by placing your knees and hands on the floor, with your hips and shoulders at a 90° angle. While keeping stable and engaging your core muscles, lift one arm and an opposite leg straight out toward the horizon, with your thumb pointed to the ceiling. Place both arm and leg back down to starting position. Repeat 10 times and then repeat this exercise with the opposite arm and leg. To build stability, this exercise can first be performed using only the arm or leg, and the opposing arm or leg can be added once ready for progression.

Strengthens  
back



# HAVE YOUR ACHES & PAINS RETURNED?

COME BACK TO PT!

## Why You Need To Come Back In For A Tune-Up:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle



Are you in pain? Have you sustained an injury?  
Give us a call today to schedule an appointment!

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TIOGA: (352) 692-2131

[REQUESTPHYSICALTHERAPY.COM](http://REQUESTPHYSICALTHERAPY.COM)