

HELP US CELEBRATE
NATIONAL PT MONTH!



RECLAIM YOUR COMFORT STRATEGIES FOR DEFEATING BACK PAIN

Do you experience pain when bending down or lifting objects? Are you experiencing pain in your leg or numbness in your foot? You could be suffering from back pain and sciatica. If you find yourself in pain, it's time to see a physical therapist at Request Physical Therapy.

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. While "sciatica" may sound severe, it's entirely curable.

If you are suffering from back pain or sciatica, you know how hindering it can be. It can be so severe that people struggle to do activities of daily living. Fortunately, we are experts at treating any back pain or sciatica you may be experiencing.

Contact Request Physical Therapy today to schedule a consultation and learn more about how physical therapy can help you find relief!

What is the difference between back pain and sciatica?

Lower back pain starts in and around the spine itself. The source of the pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments, and other soft tissue.

Although sciatica is a commonly used term, it may also be confusing because it is sometimes used to describe any

type of back or leg pain. But true sciatica refers to pain that radiates downwards from the lower back/buttock region along the course of the nerve into the thigh and lower leg.

Sciatica may include paresthesias (i.e., numbness and tingling), weakness in the muscles of the foot and lower leg. In severe cases, it can include changes to bowel and bladder function.

While back pain and sciatica can be intense, both are treatable with physical therapy, often within a few weeks. Even if you've suffered severe pain, there's still hope!

Risk factors for back pain and sciatica

The risk factors often associated with back pain are:

- Improper posture or prolonged positions (i.e., prolonged sitting)
- Spinal muscle and tissue damage (i.e., lifting strains or trauma from accidents)
- Limited hip, spine, and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka "core" weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e., compensations due to injury)

Visit Us Online requestphysicaltherapy.com or
Call Gainesville: (352) 747-9992 or Tioga: (352) 670-3461



October is Breast Cancer Awareness Month

Our therapists know the solutions that work. Supervised exercises that include movements, postural corrections, nerve mobilization, and/or strengthening effectively provide relief.

Starting physical therapy treatments early in the diagnosis is the best way to quickly improve and resolve your pain

Schedule an appointment today

If you are suffering from back pain or sciatica, call Request Physical Therapy today. Don't live with the pain any longer – get relief with physical therapy!

**CELEBRATE
PT MONTH
BY LEAVING
REQUEST PT A
GOOGLE REVIEW
WITH JUST THE
CLICK OF A
BUTTON!**



WHY REQUEST?

“Dr. Jeff Gilliam is an outstanding Physical Therapist. He is personable and extremely knowledgeable about providing the most effective physical therapy for his patient’s needs. Jeff has a PhD and decades of experience so it would be difficult to find a Physical Therapist more qualified than him!”

– J.B.

In most cases, sciatica is caused by a herniated lumbar disc where the nerve root is irritated and/or inflamed by disc material ruptured.

Risk factors for a herniated disk include:

- Smoking
- Repetitive lifting, bending and twisting
- Sedentary lifestyle
- Genetics
- Excess body weight

Physical therapy can help you identify what is causing your back pain and/or sciatica and resolve it successfully. The combination of education and activity modification can help set the stage for a successful outcome.

How physical therapy can help with sciatica

If you're experiencing back pain or sciatica, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

Education

Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions. Education seems small, but consistently it has been shown to help!

Stay active

It is essential to stay active despite the intensity of the pain. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

Exercise

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.

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.

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YOUR PT COULD BE FREE!

FREE BACK PAIN SCREENING

ReQuest

PHYSICAL THERAPY

CALL GAINESVILLE: (352) 747-9992 OR
TIOGA: (352) 670-3461 TO SCHEDULE!

Take your health to another level! Schedule an appointment at a location nearest to you.

Call to schedule.
Expires 10-31-23



WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!



REVIEW US
GAINESVILLE



REVIEW US
TIOGA

requestphysicaltherapy.com



Take charge of your health today and make the most of your insurance benefits! If you've already met your deductible this year or have funds left in your HSA account, you can take advantage of our remarkable opportunity at ReQuest Physical Therapy. Starting now and continuing until the end of 2023, you can address your aches and pains at little to no cost. Don't let these valuable benefits go unused!

But that's not all. If you're looking to enhance your strength and set yourself up for a fantastic 2024, we've got you covered. Our exceptional team of experienced physical therapists is here to provide you with specialized treatment services tailored to help you achieve your goals. With our guidance and expertise, you can get a head start on the upcoming year before your deductible renews.

Don't miss out on this incredible chance to prioritize your well-being and maximize your insurance benefits! Call ReQuest Physical Therapy today to start living a happier, healthier life.

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There is no patient limit for Medicare. Don't wait until the New Year to get started, use your insurance now! Your insurance could potentially cover massage services!

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HEALTHY RECIPE

SWEET PEPPER RAINBOW MEDLEY

Ingredients

- 1 cup dried lentils
- 3 cups bell pepper, chopped
- 1 cup cucumber, chopped
- 1 cup purple onion, diced
- 1/2 cup fresh parsley, diced
- 3-4 tablespoons lemon juice or apple cider vinegar
- Sea salt and ground peppercorns, to taste



Optional ingredients: avocado, tomato, olives, black beans, goat or feta cheese, fresh basil

Directions

1. In a medium pot bring to light boil 2 cups of water. Add lentils and continue boiling until desired tenderness, about 25 minutes. Cool lentils before adding to salad.
2. In large mixing bowl toss together cooled lentils, bell pepper, cucumber, onion, parsley, lemon juice and salt and pepper to taste. Add optional ingredients as desired.
3. Serve immediately or chill at least 30 minutes to allow flavors to blend. Enjoy as a cold side or on top of a bed of leafy greens.
4. This is one of the many complementary recipes shared in our healthy lifestyle program, Physicians' Choice for Weight Loss.

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OCTOBER

CLINIC NEWS

BREAST CANCER AWARENESS

From the Susan G. Komen Foundation

"For nearly four decades now, the country has recognized October as National Breast Cancer Awareness Month. It is a time annually devoted to educating everyone about breast cancer and the importance of early detection and access to timely, high-quality care."

No matter who you are or where you live, breast cancer may touch your life. It's necessary to understand the warning signs of breast cancer, your risk of breast cancer, and what's normal for you so you can take action if there are any changes in your breasts or underarm areas."

Our oncology trained therapists here at ReQuest Physical Therapy are here to support on your cancer journey every step of the way.

[Click here to to learn more about Request PT's Cancer & Fatigue Program](#)



FACEBOOK LIVE EVENT

Dr. Payton McWilliams, PT, DPT, CLT in conjunction with HCA Florida North Florida Hospital will host a FB Live event to answer all of your questions about breast cancer and lymphedema.

When: Wed. 10/4 at 1pm

Where: There will be a link posted on our Facebook page closer to the event.

The program will be about 20 minutes with Q&A session to follow.



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CLINIC NEWS

REQUEST PT BLOG POST

Click here to read more about how to cope with muscle atrophy during cancer treatment



MOTIVATIONAL CORNER

Click here to see how you can expand your play time with exercises with PTA Muki



STAFF SPOTLIGHT



Dan just celebrated 12 years of service to our patients!

Dan Landis has been a Licensed Massage Therapist with ReQuest Physical Therapy since September 2011. With extensive experience in orthopedic massage therapy, Dan likes to encourage movement, both passive and active, while applying Deep Tissue and Sports techniques during his sessions with clients.

After graduating from Santa Fe College, Dan attended the Florida School of Massage in 2007. Dan has obtained additional certifications in Essential Oils, Chronic Shoulder/Neck Injuries, Integrated Stretching Techniques, and Manual Ligament Therapy. He is also skilled in Pre and Post-Natal Massage.

Dan is a true ACR (Alachua County Resident) and loves all that North Central Florida has to offer. He is happily married to his wife, Kimberly. Together they are the very proud companions of a beautiful Golden Retriever. In his spare time, Dan enjoys his true passion for drumming and performs with two local bands - SYZYGY and TreeTop Flyers.

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