

NEWSLETTER

CONTINUE MOVING WITHOUT FEAR OF SCIATICA & BACK PAIN

Learn how to prevent back pain!



FREE
CONSULTATION
(DETAILS INSIDE)

INSIDE:

- How Physical Therapy Can Help with Sciatica
- Home Exercise
- Healthy Recipe
- Patient Success Spotlight

15 CONVENIENT LOCATIONS TO SERVE YOU!

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NEWSLETTER

GAIN RELIEF FROM SCIATICA & BACK PAIN



If you've experienced back pain, and even leg pain, you might have a deeper issue. Your low back pain aches and leg pain could be symptomatic of sciatica. While "sciatica" may sound serious, it's entirely treatable.

What Is Sciatica? Sciatica is pain that radiates alongside the sciatic nerve. This nerve, which branches from your lower back – spanning across your hips, buttocks and legs – can be injured or stressed in several ways. The most common cause of sciatica-related pain is inflammation along the spine, where compressed nerves are aggravated.

While sciatica pain can be intense, it is treatable. The vast majority of sciatica cases, in fact, can be resolved with non-surgical treatment – and within just a few weeks. If more severe neurological deficits are present recovery may take longer.

What Causes Sciatica? In most cases, sciatica occurs when one of the back's discs are herniated. It can also happen if the spine narrows – an effect called spinal stenosis. As we age, our backs undergo a lot of stress. People who develop this condition are generally between the ages of 30 and 50. Most commonly, we find that people lose flexibility in the hips and pelvis, which causes the

FREE CONSULTATION



BIG DEAL

Are you in pain? Come in for a **FREE Consultation!**
Contact a clinic nearest to you today!

Offer expires 06/01/21

gluteus and hip muscles to become tightened. This in turn, alters the mechanics of the spine, and compresses the sciatic nerve as it travels through these tissues.

What Are the Symptoms of Sciatica? Sciatica back pain is normally noticed as a pain radiating from the lower back. Often, this pain extends to the buttock, spiraling down the leg and extending to the calf. If you're suffering from sciatica, you might feel the discomfort anywhere along this nerve pathway.

The pain itself can be dull, aching or even sharp. In some cases, the compressed nerve may feel like it burns. In other cases, the compressed nerve may simply issue a sharp jolt of pain. Some people experiencing sciatica may experience leg numbness, tingling or weakness. If sciatica isn't treated, it can hinder mobility altogether.

**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY
IN THE STATES OF MINNESOTA & SOUTH DAKOTA, YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

HOW PHYSICAL THERAPY CAN HELP WITH SCIATICA

Joe Bures, doctor of physical therapy says "Treatment of sciatica typically includes a combination of manual therapy techniques, activity modification, and exercise therapies." Therapy interventions are tailored to meet needs of each patient.

These treatments, tailored to meet the needs of each patient, can completely eliminate sciatica over time. If you're experiencing back pain, don't wait. Call one of our professionals today, and ask about physical therapy options. Your mobility is important, and your back can be healed.

Sources: <https://www.webmd.com/back-pain/what-is-sciatica#1>
<https://www.medicinenet.com/sciatica/article.htm>
<https://www.mayoclinic.org/diseases-conditions/sciatica/symptoms-causes/syc-20377435>
<https://www.medicalnewstoday.com/articles/7619.php>

A 30 Second Self-Test for Sciatica

- Do you have back pain or leg pain with standing or walking?
- Do you have a shooting pain in your leg when you stand up?
- Do you need to sit down for a minute for the pain to go away?



Steps for a Self-Test for Sciatica

1. Sitting on a chair, look down.
2. Straighten one leg, with toes in the air.
3. Repeat for the other side.

What it means: If the leg with pain, numbness or tingling does not go up as high as the other leg, you likely have Sciatica.

Your next step is to see what is causing the pressure on your sciatic nerve. **Call us to schedule an appointment...Prairie Rehabilitation can help you relieve your sciatica pain.**

SCHEDULE AN APPOINTMENT AT A CLINIC NEAREST TO YOU!

HOME EXERCISE

BRACE MARCHING

While lying on your back with your knees bent, slowly raise up one foot a few inches and then set it back down. Next, perform on your other leg. Use your stomach muscles to keep your spine from moving. Repeat 10 times.

This exercise is designed for pain prevention call your therapist if you are experiencing any pain!

Strengthens Back



May Is Speech Therapy Month

Adult speech difficulties are common and come in many forms including stuttering, dysarthria (a problem with motor control of speech), voice problems, and articulation difficulties. Other communication disorders may be the inability to understand spoken or written language, or the inability to express oneself after a neurological event, such as stroke or head injury. Speech Therapists can also address communication difficulties due to Alzheimer's and Parkinson's Diseases.

Areas speech therapy can strengthen. Speech therapists assist individuals to develop effective speaking and listening skills, improve loudness of voice, and re-train cognitive skills. Treatment at our clinic focuses on the following issues in children and adults:

- Any chewing/swallowing difficulties or changes
- Food aversions
- Difficulty talking
- Difficulty expressing thoughts or identifying common objects or people
- Difficulty understanding written and spoken language
- Muscle weakness or tightness of the tongue or throat

- Changes in memory, attention, orientation
- Changes in the quality of voice

Prairie Rehabilitation therapists specialize in assessing and diagnosing an individual's particular communication deficit and utilizes a person-centered approach to determine each client's plan of care. They choose, with the client, meaningful activities along with specific neurological and speech exercises to help with their particular communication or swallowing deficit. Patient and family education is a large part of the speech therapy process to ensure success.

Contact Prairie Rehabilitation today for speech therapy. If you or a loved one is struggling with a speech impairment, swallowing issue, or voice problem, contact our clinic today to make an appointment for evaluation.

Sources: <https://www.asha.org/public/speech/disorders/dysarthria/>
[Food Aversion in Toddlers: Is It A Sensory Issue? | NAPA Centempacenter.org | food-aversion](https://www.napacenter.com/food-aversion)
[Neuro Muscular Reeducation Treatment | Direct Orthopedic...www.directorthocare.com/treatment/neuro-muscular...](https://www.directorthocare.com/treatment/neuro-muscular...)



VISIT A CLINIC NEAREST TO YOU!



Central Sioux Falls	605.334.5630
West Sioux Falls	605.271.6920
East Sioux Falls	605.271.3378
Sioux Falls (Primrose)	605.271.0808
Brandon	605.582.3103
Harrisburg	605.767.3008
Hartford	605.528.1900
Tea	605.368.9897
Fulda	507.425.3753
Rehab & Fitness – Jackson	507.847.4333
Lakefield	507.662.6646
Luverne	507.449.2003
Sherburn	507.764.2933
Worthington (Avera)	507.343.0068
Rehab & Fitness – Worthington (Oxford)	507.372.2232

PATIENT SUCCESS SPOTLIGHT



"The therapist helped me to regain function and strength!"

"I have been a patient at Prairie Rehab at least 3 times for 3 different injuries. I was having a lot of difficulty each time. Each time the therapist helped me to regain function and strength. They are very professional and kind. They know what they are doing. Plus, Prairie Rehab has great fitness and rehab equipment. They are very up to date with equipment and treatments. My doctors have always been very pleased with the outcome." - F.S.

STAFF FEATURE



AIMEE MORRILL
MS CCC/SLP

Aimee earned her Bachelor's degree in Communication Disorders and Deaf Education at Augustana College. After graduating she worked with school-aged children for a time. Aimee then furthered her education, earning her Master of Science in Speech Pathology from Idaho State University in 1997. Aimee has been with Prairie Rehabilitation since 2008.

Aimee works primarily at Prairie Rehabilitation's clinics in the Sioux Falls area. In addition, she provides services in Luverne, MN. As a highly experienced speech and language pathologist with over 20 years of experience, Aimee treats patients of all ages, from school-aged children to geriatrics. Aimee states, "I absolutely love helping a patient recover as much expressive and receptive language skills as possible through different techniques". She is an ASHA-certified SLP and is a certified LSVT LOUD clinician.

Aimee makes her home in Sioux Falls with her family, and in her spare time, she likes to read and go to the movies.

HEALTHY RECIPE

Arugula, Grape, & Sunflower Seed Salad

INGREDIENTS

- 3 tbsp red wine vinegar
- 1 tsp honey
- 1 tsp maple syrup
- 1/2 tsp stone-ground mustard
- 2 tsp grapeseed oil
- 7 cups baby arugula
- 2 cups red grapes, halved
- 2 tbsp toasted sunflower seed



- 1 tsp chopped fresh thyme
- 1/4 tsp salt
- 1/4 tsp ground black pepper

INSTRUCTIONS

Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.

<https://www.goodhousekeeping.com/food-recipes/healthy/a42399/pressure-cooker-warming-winter-squash-lentil-stew-recipe/>

CONTACT US TODAY!