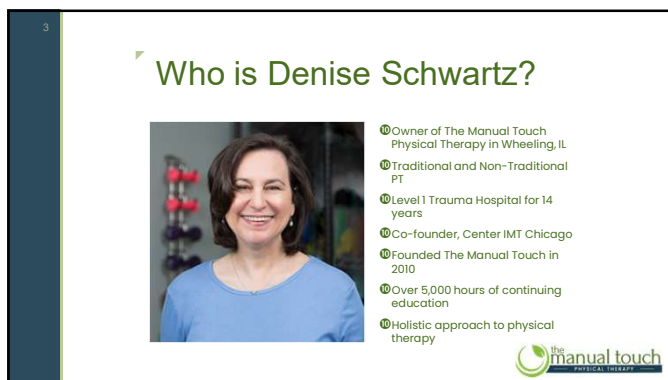


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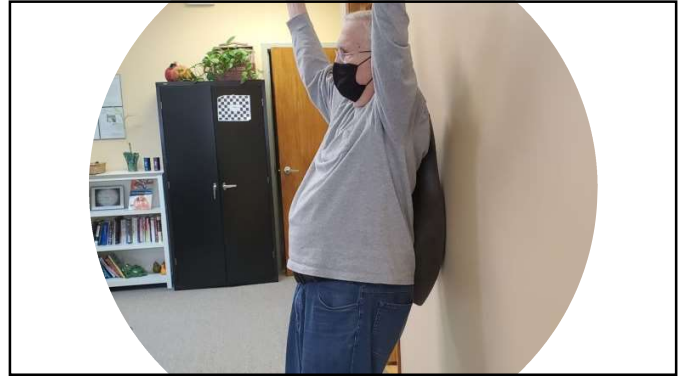
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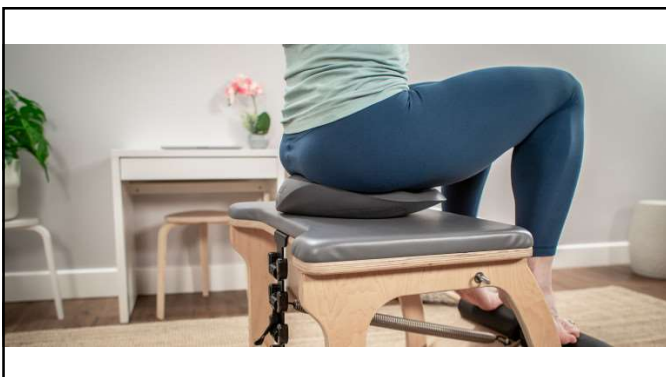
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11

What is the #1 reason people go to see their doctor?

LOW BACK PAIN OR SCIATICA

 the manual touch
POWERED BY YOU

12

Common Pain Complaints

Walking
Standing
Bending over or lifting
Sitting, driving, getting in/out of car
Sit to stand, rolling over in bed, transitional movements



13

Common Pain Complaints

Back and/or leg pain
Back feels like it needs to crack
Pain first thing in the morning
Back stiffness
Numbness or tingling somewhere in the leg or foot



14

3 Most Common Causes

Herniated, slipped, bulging disc - Pain with bending forward, sitting

Stenosis, DDD, arthritis, foraminal stenosis - Back or leg (usually both) pain/fatigue with standing or walking.

Sacroiliac (SI) Joint - Pain laying on back, feels stuck, sidebending

*****Postural weakness and immobility*****



15

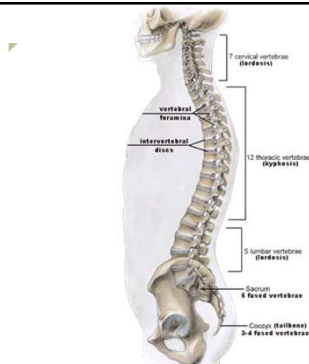


Tips for Low Back Pain and Sciatica

Get my eBook at TheManualTouch.com



16



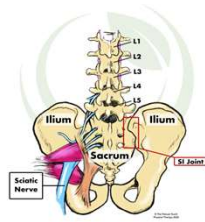
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Lumbar Spine



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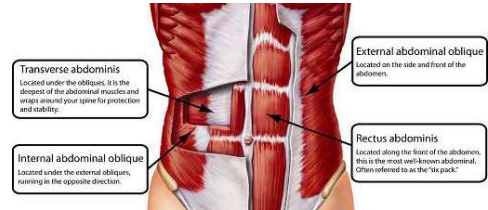
Spine & Pelvis (Back View)



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19

Core/Abs



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PHYSICAL THERAPY

20

What is Sciatica?



The sciatic nerve is the **largest** nerve in the body, traveling from the **back**, down the back of the **leg**, splitting into 2 nerves behind the knee and then into the foot



Pain running down the back of the leg is actually coming from the back.



Sciatica sufferers may experience tingling, numbness, or pain in the leg.

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PHYSICAL THERAPY

21

IMPORTANT

*Diagnosis dictates the
exercise program*

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PHYSICAL THERAPY

22

Will Therapy Help?

- First Determine: Is the pain or symptoms **REPRODUCIBLE**?
 - If so, then it is likely **REDUCIBLE**.

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PHYSICAL THERAPY

23

✓

"Denise helped to heal a back injury that had been bothering me for years. The exercises were simple and effective. It was also great to have an app and videos for reference. I definitely recommend The Manual Touch."

"When I last injured my back and tried P.T., I treated it for 7 months with none of the results you helped me achieve in a fraction of that amount of time. I really enjoyed your personal and customized approach, and the fact that you treated other issues that were plaguing me to help me improve my movement and function. Every time I unload the dishwasher and use the proper posture to protect my back, I think of you!"

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PHYSICAL THERAPY

24

25


Call for a Free 20-25 minute Consult

Phone call or telehealth

Discuss your current issues

Recommendations

847-541-7600




25

What's the #1 Mistake?

The biggest mistake people make with sciatica and lower back pain:

They Ignore It



26

Choices

Ignore	Ignore it
Alter	Alter it - medications, injections, surgery
Handle	Handle it



27


Physical Therapy

Manual (hands on) therapy: balance joints, reduce soft tissue restrictions

Education: posture, function, movement, ADLs

Exercises: Strengthening, mobility and stability exercises for your core, hips, feet


Neuromuscular Reeducation: feet/core, whole body integration



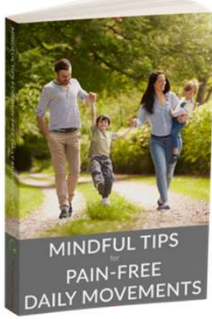
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Physical Therapy Functional Education

- How to sit
- How to stand
- How to walk
- How to move through transition
- How to sleep
- How to lift
- Posture
- Specific movements: activities, job, housework




29



Tips for Mindful Daily Movement

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30

31

"After withstanding severe lower back pain and an epidural that didn't do much, I came to The Manual Touch PT. they helped me strengthen my core and right leg in order to ease the back stress. At almost 71, I have adopted their exercises at home and I can now easily get into the driver's side of my car without the excruciating pain, and the improvement in day to day activities is noticeable."

"I have dealt with lower back pain for the past 20 years and I have been to The Manual Touch PT twice when the pain was debilitating. Their advice, exercises, and gentle maneuvers really put me back on my feet and allowed me to go back to my normal routine quickly and faster than I had imagined. They look at your whole body and take a holistic approach to putting you back together."



32


What you can do Now

Get up every 60 to 90 minutes - set an alarm

Walk 5 minutes around the house walk sideways everytime you move to a new room

Mindful of posture and movement throughout the day - ebook

****email me: denise@themanualtouch.com****



33


Call for a Free 20-25 minute Consult

Phone call or telehealth

Discuss your current issues

Recommendations

*****847-541-7600*****



34

Thank You!

Email: Denise@TheManualTouch.com

Call: 847-541-7600

Visit: www.TheManualTouch.com

