


Welcome to our virtual

Healing Low Back Pain and Sciatica Naturally



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PHYSICAL THERAPY
movement · function · life

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Movement. Function. Life.



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Who is Denise Schwartz?



- ⑩ Owner of The Manual Touch Physical Therapy in Wheeling, IL
- ⑩ Traditional and Non-Traditional PT
- ⑩ Level I Trauma Hospital for 14 years
- ⑩ Co-founder, Center IMT Chicago
- ⑩ Founded The Manual Touch in 2010
- ⑩ Over 5,000 hours of continuing education
- ⑩ Holistic approach to physical therapy



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Specialties

- RRCA certified running coach
- Certified Integrative Manual Therapy
- Certified Applied Functional Science
- OOV/Balansit
- Run Analysis



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


LOW BACK PAIN OR SCIATICA



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Today

- 3 common diagnoses of back pain
- Anatomy
- What you can do about it



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Common Pain Complaints


- Walking; after walking >10 minutes
- Standing; after standing >10 minutes
- Bending over or lifting
- Sitting, driving, getting in/out of car
- Sit to stand, rolling over in bed, transitional movements



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Common Pain Complaints


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




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3 Most Common Diagnoses

- Herniated, bulging or slipped disc
- Lumbar or Foraminal Stenosis, DDD (degenerative disc disease), arthritis
- SI (sacroiliac) joint dysfunction




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Tips for Low Back Pain and Sciatica

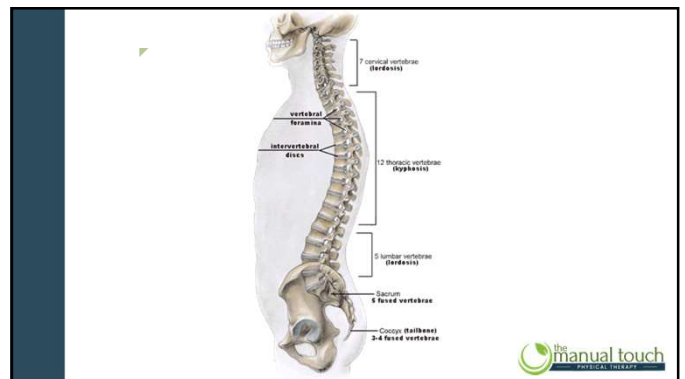
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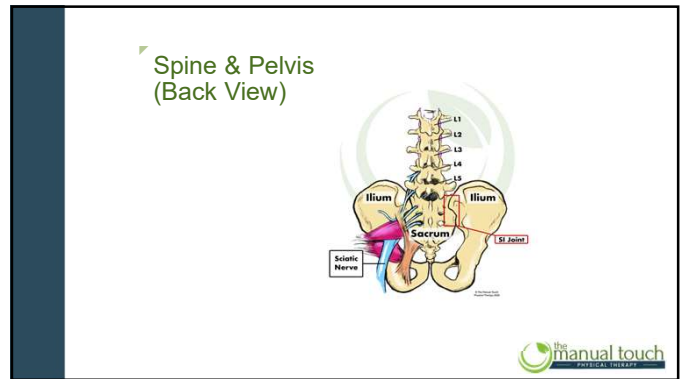
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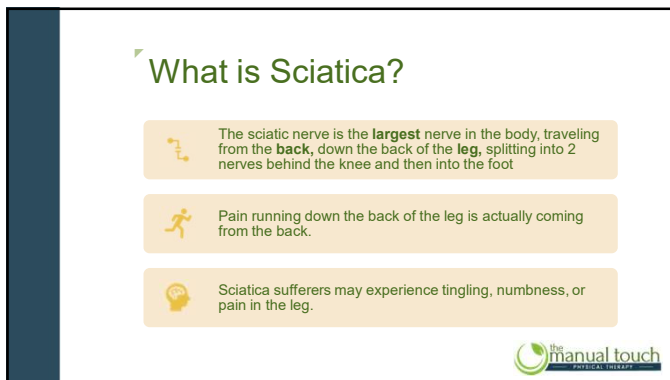
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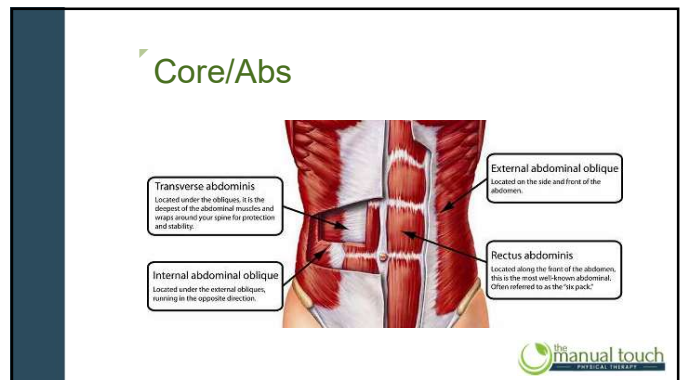
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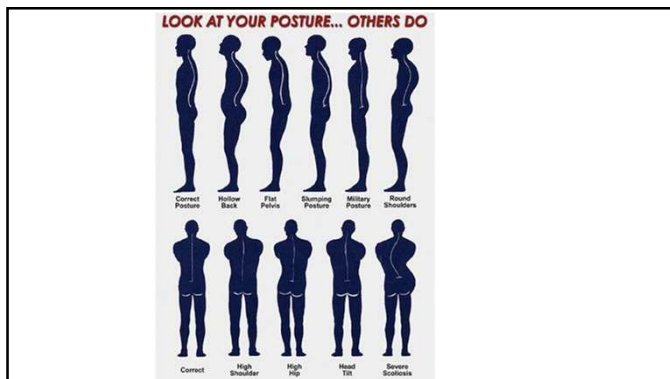
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3 Most Common Diagnoses

Herniated, bulging, slipped disc <ul style="list-style-type: none"> • Pain with bending forward • Sitting • Body tilts to side • Sciatic 	Lumbar or Foraminal Stenosis, DDD, arthritis <ul style="list-style-type: none"> • Back or leg (usually both) pain/fatigue with standing or walking >10 minutes • Postural changes • Tends to lean on cart 	SI (sacroiliac) joint dysfunction <ul style="list-style-type: none"> • Pain laying on back • Feels stuck • Sidebending
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Postural Weakness and Immobility




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POSTURE CORRECTION



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IMPORTANT


Diagnosis dictates the exercise program



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Will Therapy Help?


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



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"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 untied the dishwasher and use the proper posture to protect my back, I think of you!"



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Call for a Free 20-25 minute Consult

Phone call or telehealth

Discuss your current issues

Recommendations

847-541-7600



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What's the #1 Mistake?

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

They Ignore It




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Choices

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



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Physical Therapy

Manual (hands on) therapy: balance joints, reduce soft tissue restrictions, non-traditional and traditional

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

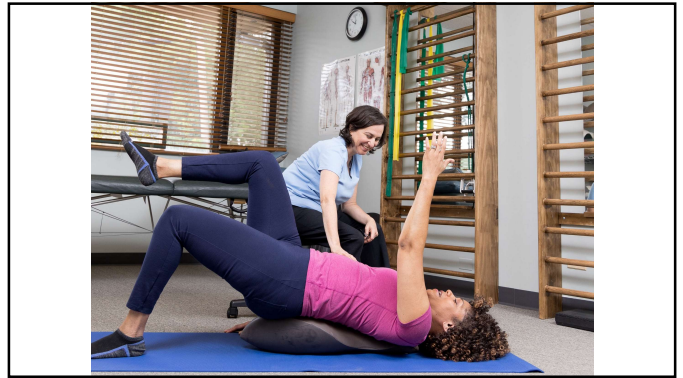
- How to sit
- How to stand
- How to walk
- How to move through transition
- How to sleep
- How to lift
- Posture
- Specific movements: activities, job, housework



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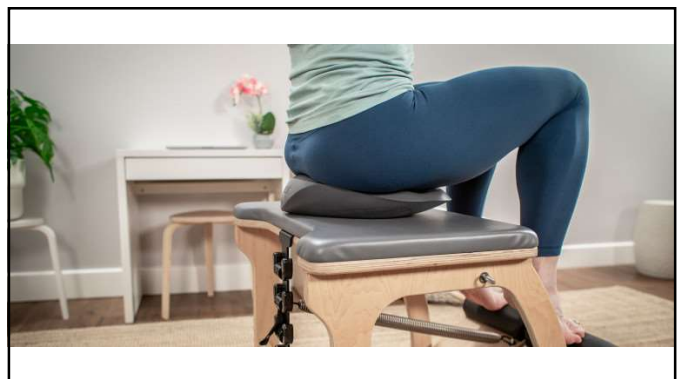
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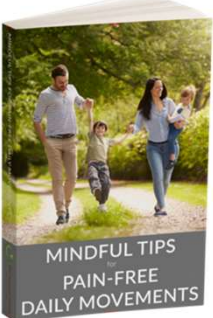
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Tips for Mindful Daily Movement

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“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 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.”

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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
<https://themanualtouch.com/mindful-tips/>

email me: Denise@themanualtouch.com

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Thank You!

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Visit: www.TheManualTouch.com

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