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BACK PAIN???

Symptoms of Sciatica

Q: “How do I **KNOW** the cause of my **PAIN**?”

A: *There are 3 common causes of back pain...and here are some general guidelines for each.*

Herniated Disc

People with Sciatica caused by a herniated disc usually have pain bending forward, twisting, coughing or sneezing. The sciatica pain they experience is usually sharp and runs specifically down the back of the leg...possibly into the foot.

Herniated disc sufferers are usually 35 years of age or younger.

Stenosis

People suffering from sciatica because of stenosis or arthritis usually answer yes to these 3 questions:

- ✓ 50 Years of age or older?
- ✓ Pain with standing or walking?
- ✓ Relief with sitting?

Sacroiliac joint, SI joint:

People suffering with sciatica from SI Joint or Pelvic problems usually have pain with sitting for long periods. The sciatica they experience is usually on the outside of the thigh. Symptoms may include heaviness of one leg or feeling twisted.

Q: “Which **POSITION** should I sleep in?”

A: *Whichever position is most comfortable, but usually these are the best positions:*

1. On your back is best
2. Next would be on your side
3. Last would be on your stomach

Regardless, an important key is to sleep on a firm mattress and keep your spine in “neutral”. This means that it is not twisted to the right or left...but keeps the natural curve it normally has.

Pillows or folded towels can be placed under your knees, under your side, or under your feet to help you sleep in the least painful position for you.



Kids and Back Pack Safety

Does your child's backpack feel like it contains 40 pounds of rocks? Is your child struggling to put it on, bending forward while carrying it, or complaining of back pain or tingling or numbness?

If you've been concerned about the effects that extra weight might have on your child's still-growing body, your instincts are correct.

Backpacks that are too heavy can cause problems for kids, such as back and shoulder pain, and poor posture. This problem has grabbed the attention of lawmakers in some states, who have pushed for legislation requiring schools to lighten the load. Many children carry as much as a quarter of their body weight, but the back pack should be no more than 10% child's body weight.

When selecting a backpack, look for:

- An ergonomic design, that is light weight
- The correct size: never wider or longer than your child's torso and never hanging more than 4 inches below the waist
- Padded back and shoulder straps
- Hip and chest belts to help transfer some of the weight to the hips and torso
- Multiple compartments to better distribute the weight
- Compression straps on the sides or bottom to stabilize the contents
- Reflective material

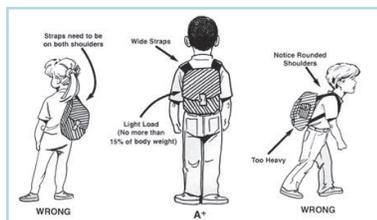


REMEMBER: A roomy backpack may seem like a good idea, but the more space there is to fill, the more likely your child will fill it. Make sure your child uses both straps when carrying the backpack. Using one strap shifts the weight to one side and causes muscle pain and posture problems

What Kids Can Do

A lot of the responsibility for packing lightly — and safely — rests with kids:

Encourage kids to TAKE ONLY WHAT YOU REALLY NEED EACH DAY.



PACK IT LIGHT, WEAR IT RIGHT

- Use their locker or desk, instead of carrying the entire day's worth of books in the backpack.
- Make sure kids don't tote unnecessary items, pack lightly
- Bring home only the books needed for homework or studying each night.
- A heavier pack on Fridays? Bring things home on Thursday if you can
- Picking up the backpack the right way: bend at the knees and grab the pack with both hands when lifting a backpack to the shoulders.

Use all backpack's compartments, putting heavier items, such as textbooks, closest to the center of the back.