



Let us help you move forward.

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ATTENTION BACK PAIN AND SCIATICA SUFFERERS November 12th, 2016

Back Pain & Sciatica Workshop Reveals How To Naturally Heal Back Pain & Sciatica For Good

- ❖ Do you suffer with back pain or leg pain when you stand or walk?
- ❖ Do you have pain when you sit for long periods or drive?
- ❖ Do you experience pain, numbness or tingling into your butt, groin or down your leg?
- ❖ Does your back ever “go out” if you move the wrong way?
- ❖ Are you afraid your pain will get worse if you don’t do anything about it?

If you have answered YES to any of the above questions (or have a stubborn spouse who is in denial), the [Lower Back and Sciatica Workshop](#) may be a life changing event for you...

“When I arrived, I had moderate to severe pain in my lower back. Within two weeks of treatment at Forward Motion Physical Therapy, the pain decreased significantly. After four weeks, the pain had all but disappeared and I started living again. I now walk daily, I can bend more easily, and I can enjoy my day”

– Carole Oliver

Hello,

Back pain and sciatica can take over your life... we’ve seen it many times. It can cause you to lean on the shopping cart when walking through the grocery store... It can take your focus away from enjoying your life... Like spending time with your children or grandchildren... It can affect your work, or force you to do a job you don’t want to do... It can ruin your holiday or travel plans... And it can take away your ability to live life... having to rely on others... or constantly stopping to rest or sit down for a minute when walking, standing or doing things around the house.

Low back pain can lead to depression, increased stress and a sedentary lifestyle, as you are unable to participate in your normal activities, which may lead to bigger health problems... and life problems.

Forward Motion PT has helped hundreds of people in and around the Clifton, Totowa, Passiac, Bergen County area... get relief from their back pain.

We are Doctors of Physical Therapy.

We are The Sciatica and Lower Back Specialists.



**We will be hosting a free “Sciatica and Lower Back Pain Workshop”,
here at Forward Motion Physical Therapy ,
Saturday, November 12th, 2016 from 10 a.m. to 11 a.m.**

If you're confused about what to do and are looking for answers, here are some of the Learning Objectives for the Sciatica and Lower Back Pain Workshop:

You will understand:

- The Single Biggest #1 Mistake back pain and sciatica sufferers make which actually stops them from healing
- The 3 Most Common Causes of Lower Back Pain and Sciatica
- How a comprehensive evaluation, diagnosis and treatment plan will enhance your rehabilitation
- How a problem in your back can cause pain, numbness or tingling in your leg or even your neck
- What successful treatment, exercise progression and permanent relief looks like without the side effects of medications, injections or surgery; and how this applies to you.

How Do I Register for the Lower Back Pain and Sciatica Workshop?

Call Alba at our office 973-400-3730.

How Much Is It to Attend?

Nothing... the event is FREE!

When you register, we will mail you The Lower Back Pain and Sciatica Worksheet, which you will bring with you to the event.

We only have 30 seats available for this event, so don't hesitate to call.

You may bring a guest, as many people ask to bring a friend or their spouse or other family member.

We look forward to seeing you and getting you back on your feet and ready for the Holidays.

*From the Back pain and Sciatica specialists,
Hanna Vazquez DPT, Daniel Prata DPT, Karen Shieh DPT, and Evan Decklebaum DPT*