

# HIP & SCIATICA PAIN

TIPS AND TRICKS



SOUTHEAST PHYSIOTHERAPY

### #1: DON'T SIT FOR LONGER THAN 30 MINUTES

Sitting is the number one reason why sciatic and hip pain is so common today, because of the stress, strain, and pressure it creates on your back. Prolonged sitting is often the “silent killer” that plagues most people with hip pain & sciatica.

If you work while sitting, or spend a lot of time on your computer, try setting an alarm on your phone and stand up every half hour.

Moving every so often allows your body to reset itself and readjust. Your back needs a bit of pressure release so that it does not get stuck in one singular position for too long.

### #2: CHANGE OUT THE SOFA OR MATTRESS IF ITS OLDER THAN 5 YEARS OLD

If you spend a lot of time on an old sofa, or mattress, it may be time for a furniture upgrade. Our bodies quickly adapt, and sometimes become too comfortable in any one piece of furniture. Like your body, our furniture can also wear down and no longer provide the support you need to be safe, especially when injured.

### #3: USE ICE IF PAIN CAME ON SUDDENLY, USE HEAT IF IT FEELS STIFF/ACHY

A common question we get often is “when should I use ice?”, or “when should I use heat?”. Ice and heat are more natural, and safer ways to alleviate pains compared to medications or painkillers, but they each have their best uses.

Use **ice** only when you’ve recently been injured, or if you feel your back condition has worsened throughout the day. If you were recently injured, it is likely that your back is inflamed and ice is a natural way to slow down inflammation and provide immediate pain relief. For acute injuries, during the first few days restrict icing to 10-minute increments at the maximum.

Once you are past the acute phase then you can ice for 15-20 minutes.

Use **heat** for a more chronic, long-term condition, or when you struggle with a dull achiness or generalized stiffness in the low back. This will help provide natural blood flow, warmth, and circulation to your back which can promote healing, tissue flexibility and increase in movement. Heat is best used in the

morning, especially if you struggle with a lot of stiffness when you first wake up.

#### #4: SLEEP WITH A PILLOW BETWEEN YOUR KNEES

As simple as it sounds, this tip works for back pain. Sleeping with a pillow between your knees makes quite a difference. If you are battling “hip stiffness” it can put strain on your lower back. By putting a pillow between your knees, it offsets the “pull” that your hip was placing on your back! Just a simple tip can reduce your pain by well over 20% within just one night.

#### #5: DOCUMENT YOUR “PAIN TRIGGERS”

The biggest problem many of my clients deal with is not knowing which activities make their pain worse. Many people who have suffered from hip pain & sciatica for a long time have gotten so used to the pain, that they can't even tell which movements are causing it anymore. Understanding the activities that cause the pain is important so you can learn to avoid it!

Some examples of this may be:

- Pain worsens after sitting for 40 minutes
- Pain with standing for longer than 30 minutes
- Increased pain after bending or lifting
- Pain that gets worse after doing a specific exercise

Just by being aware of these activities which are causing you pain and avoiding them, you can feel to 50-60% relief within days.

#### #6: DO LIGHT, NON-STRENUOUS EXERCISE

Most hip injuries occur due to stiffness that develops because of inactivity. With too much sitting and not enough stretching or exercise, your muscles become weak, joints become stiff, and your discs can wear out.

Some people make the mistake of exercising “too hard” when trying to alleviate hip pain & sciatica, and only cause more harm.

Starting off with very light exercise such as walking, beginner/restorative yoga, or some gentle stretching is safe.

Understand that doing the wrong exercise can be more damaging than not exercising at all.

If you are unsure of what exercise you should be doing, or if you would rather seek professional guidance, then skip ahead to step number 7 for the best thing you can do for yourself if you've been struggling with hip pain & sciatica for a while.

### #7: CONSULT WITH A PHYSICAL THERAPIST!

If you just implement a few of these strategies, then you might experience a 10, 20, or in some cases up to 30-40% in pain reduction without medications, surgeries or injections. However, the longer you wait to get this thing resolved, the longer it takes to get better.

### TIP NUMBER 7 IS THE MOST IMPORTANT STEP!

Getting a proper movement diagnosis is of utmost importance. Finding out what the true root causes of your pain instead of wasting time trying to alleviate symptoms is the single reason why MOST people suffer for so long with hip pain and sciatica.

Once your full-body's movement patterns have been carefully analyzed and diagnosed, you, alongside your physical therapist, will create an treatment plan that works best for your body, and your lifestyle.

This plan will include:

- Understanding of your problem and how to make the best, most reasonable changes to your lifestyle to allow for proper healing
- A restoration of your mobility using hands-on methods and techniques to unlock stiff joints, loosen tight muscles, and soften up old scar tissue, to allow you more freedom to move throughout the day
- An individualized, personalized, exercise program to help you build strength, flexibility, and resiliency back into your body. This will help increase your body awareness, confidence, and ability to do daily tasks

such as exercise/golf with friends, pick up kids/grandkids, or to garden and do your own yard work.

Following these steps, using a collaborative approach to healing with a Physical Therapist is what has helped so many others clients not just get rid of their pain, but also get their life back.

Are you finding yourself confused about how to handle your hip pain and sciatica pain?

Most Canadians will have hip pain and sciatica pain at some point during their lifetime. The problem is that most of them allow the problem to get worse before looking for a solution.

We hope this information has given you the information you need to make a about what to do next for your hip pain and sciatica pain.

If you are currently dealing with hip pain and sciatica, whether it is new or something nagging, we are more than happy to talk to you about your personal situation.

All you need to do is schedule a Discovery Visit with a Physical Therapist here at Southeast Physiotherapy.

We offer a FREE Phone Consult or Discovery Session so that you can be confident in taking the next step to relieve your hip pain and sciatica pain. This FREE 20-minute session will start an honest conversation about your pain and is the BEST NEXT STEP you can take to get this thing finally solved!

It only takes a few minutes for us to get an idea of what might be causing your problem, and it doesn't require booking an appointment.

To request a FREE Discovery Session, click here:

<http://www.southeastphysio.ca/discovery-visit>

Or you can give us a call right now at 306-634-6630