



# Back Column

Pinnacle Physical Medicine &  
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December 2004

## Sciatica- A Real Pain in the Back

Sciatica has been described by many sufferers as a “real pain in the back.” This is because it is a condition that manifests as radiating pain in the lower back that travels along the path of the sciatic nerve into the buttock, and/or down one or both legs—often reaching as far as the foot.

The pain can be mild to excruciating—burning, tingling, stabbing or aching anywhere along the sciatic nerve. Walking or sitting can become difficult, and in severe cases the pain may be associated with muscle weakness, diminished reflexes, and numbness.

Sciatica is an irritation or inflammation of the sciatic nerve, which is often caused by the herniating or bulging of one of the intervertebral disks. It is also frequently caused by peripheral nerve compression. Other reasons for sciatic pain may be related to degenerative joint disease, old sport or occupational injuries that never healed

correctly, complicated hip fractures, penetrating trauma, infection, spinal tumor, bone spurs, nutritional deficiencies, back strain or emotional stress.

The primary goals in the treatment of sciatica are to promote soft tissue healing, relieve the pain, and prevent recurrence. The removal of whatever is causing the pressure on the sciatic nerve—misalignment of lumbar spine, herniated intervertebral disk, spasm of the buttock muscles, abnormal stress on the body/spine/nerves—is necessary to restore the nerve’s health.

Conventional treatment of sciatica usually includes pain medications, muscle relaxants, prolonged bed rest, and surgery; all of which are not pleasant for the patient. A more natural approach has proven in many cases to be as or more effective, and it does not bring with it the frightening risk and the undesirable side

effects.

Chiropractic adjustment is the most effective natural treatment for quick back-pain relief. Spinal manipulation and other chiropractic methods in combination with exercise and simple education on self-care have proven to be much more successful than the traditional prescriptions of extended bed rest and drugs.

In a recent article in the Chattanooga Times Free Press, Dr. Paul G. Donohue was asked his opinion on how to treat sciatica. He recommended seeing a physiatrist. “Rarely is surgery needed. A physiatrist is a specialist who can analyze an individual’s particular needs and devise a back exercise and rehabilitation program that can get a person back into action sooner and keep a second attack from occurring.”

Here are some additional tips to help take care of yourself and

avoid exacerbating any sciatica problems:

- Wear comfortable shoes and avoid high heels.
- Do not sit in one position for an extended period of time.
- Stretching is good, yoga-like methods are great.
- Swimming is excellent exercise for sciatic sufferers.
- Strengthen abdominal muscles, sit-ups are a good option.

Our practice now includes Dr. Deborah Barton, who is a board certified physiatrist through the American Board of Physical Medicine & Rehabilitation. Call today to set up your consultation and see how a non-surgical approach can help manage your sciatic pain.

Sources: [www.mercola.com](http://www.mercola.com) and Chattanooga Times Free Press, Oct, 26, 2004



## Welcome New Patients!

Here are the new patients that became members of our practice recently! We'd like to welcome you publicly and wish you all the best!

Lena Baker (referred by Robert Baker...thanks!)

Caryn Stinson  
Savannah Pitts

Mollie Watson (referred by Brian Watson...thanks!)

Karen Leonard (referred by Greg Petree...thanks!)

Rhonda Swaney

Raymond Gay (referred by Renee Beaumont...thanks!)

David Trovillion (referred by Renee Beaumont...thanks!)

George Henderson

## Help for the Flu From a Natural Source

### U.S. Flu Vaccine Sliced in Half

The above headline that appeared in the USA TODAY paper on October 6, 2004 need not be of any concern to people using Lauricidin®. Testimonials from numerous Lauricidin® users attest to the good health of themselves and their family during a flu season.

My daughter and I start taking the Lauricidin® when we feel like we are getting a cold or a sinus infection. I am proud to say that I suffered with the sinus problem quite frequently until I started taking the Lauricidin®. I did not have one in the entire year of 2002 and 2003. We were out of Lauricidin® just recently and my daughter got a full-blown sinus infection. It really works for us. **Beavercreek, OH**

I have ordered and am currently using Lauricidin®, as is my wife and 4 year old child. We have been enjoying a flu and cold free winter so far for the most part. My four-year-old was starting to take Lauricidin® 8 to 10 tablets once or twice a day for only 2 or 3 days. When he got a slight cold that lasted for only 2 days instead of the normal 2 to 3 weeks. He is extremely asthmatic when he gets colds and usually ends up on inhaled steroids and inhaled albuterol for almost a month when he gets any respiratory condition. **Weatogue, CT**

Zero flu in this house and not one cold lasting beyond two days. Five months ago we started my 7 year old son on Lauricidin® (two scoops daily). Colin still remains without diarrhea and he is sleeping through the night, both gains he got from the very start of using Lauricidin. **Redford, MI**

*Lauricidin® is available for purchase here at our office! Call our office to discuss or ask questions regarding the benefits of Lauricidin® for you and your family.*

The FDA has not evaluated any structure-function statements concerning Lauricidin®. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Announcement



We will soon be converting our newsletter to an email format, so please call or email us your address so we can add you to our list! If you don't currently have email, not to worry! We will still be mailing out newsletters to our patients and friends who do not have email or internet access.

## **This Just In!**

We now offer the Nature's Plus Animal Parade vitamins for children in both Gummies and Chewables varieties. Call our office today to inquire about these vitamins for your children!

### **Question of the Month:**

The sciatic nerve originates in the:

- A. The upper arm.
- B. The neck.
- C. The low back.
- D. The foot.

The first patient to call with the correct answer will win a FREE massage and T-shirt. (once per patient, please). The answer to last month's question was: B. Pinnacle Physical Medicine and Rehab. **Yvette Wheeler** answered the question right. Good job!

### **Our Patient of the Month**

for December is Rhonda Swaney. Congratulations! Rhonda will receive a \$40 gift certificate to the Hamilton Mall area. A random number is picked each month so everyone has a chance to win!

## Fresh, Frozen, or Canned?

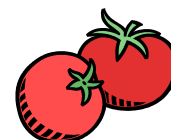
Frozen or canned food is better than you may think. "Nothing beats fresh out of the garden," says Barbara P. Klein, Ph.D., professor of food science and human nutrition at the University of Illinois at Urbana-Champaign. "But often fresh produce is trucked thousands of miles or stored for long periods. That can mean a substantial loss of nutrients. Frozen and canned produce, on the other hand, is processed within hours of being picked."

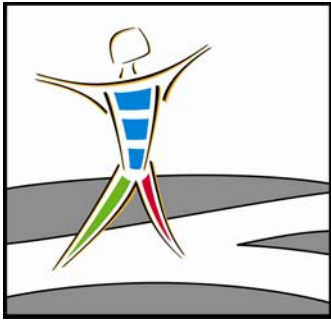
Canning actually makes some food healthier. Cooking breaks down cell walls in tomatoes, releasing cancer-fighting lycopene. One medium fresh tomato contains 4 mg of lycopene, but 6 ounces of canned vegetable or tomato juice has 17 mg. Other high-nutrient canned products include apricots (three times as much vitamin A as fresh), pumpkin, beets, and corn.

Frozen fruits and vegetables used to come only in brick-like packages. Now most produce goes into a tunnel in which frigid air freezes each pea or berry individually before being packaged," says Dr. Klein. "The only reason for frozen food to feel brick-solid today would be that it's somehow been thawed and refrozen. Always look for packages with foods that feel loose." Salt can be a hazard with canned produce. Go for the low-sodium varieties, but be aware that they'll have a less firm texture. Source: [www.womansday.com](http://www.womansday.com) 06/15/04



**Dr. Showalter suggests:** An alternative to canned items that is even better is glass jars, but frozen is the best.





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**We're on the web!**  
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## **Toys for Tots Campaign**

(Offer ends Wednesday, December 15th )

We are collecting toys for the Marines "Toys for Tots" campaign. Bring a toy into the office (\$15 minimum value) and receive a FREE 15 minute massage during the month of December. (Please reserve your spot early as times are filling quickly).

If you are a new patient, bring a toy for a FREE consultation and examination with Dr. Showalter.\*

(\*Excludes workers comp or personal injury cases)

