

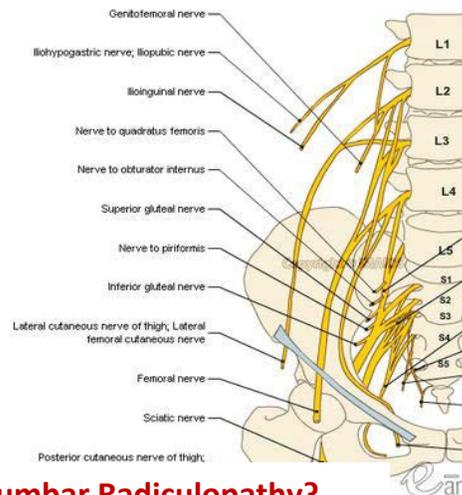


Around the Office:

- Welcome our new therapist in the Derry office, Danielle Catanzaro, DPT
- NH 10 Miler August 27th!
- Therapists in the Derry and Salem clinics are attending the Fall Symposium at the New Hampshire Musculoskeletal Institute!

What is Lumbar Radiculopathy?

Lumbar radiculopathy is irritation of a nerve that exits through the lower part of the spinal column called the lumbar spine. Radicular pain radiates into the lower extremity, including the thigh, calf, and foot. Often times with this condition, the pain in the leg is worse than the pain in the back which means it can often be mistaken for a different issue. A few examples include trochanteric bursitis, plantar fasciitis, and piriformis syndrome.



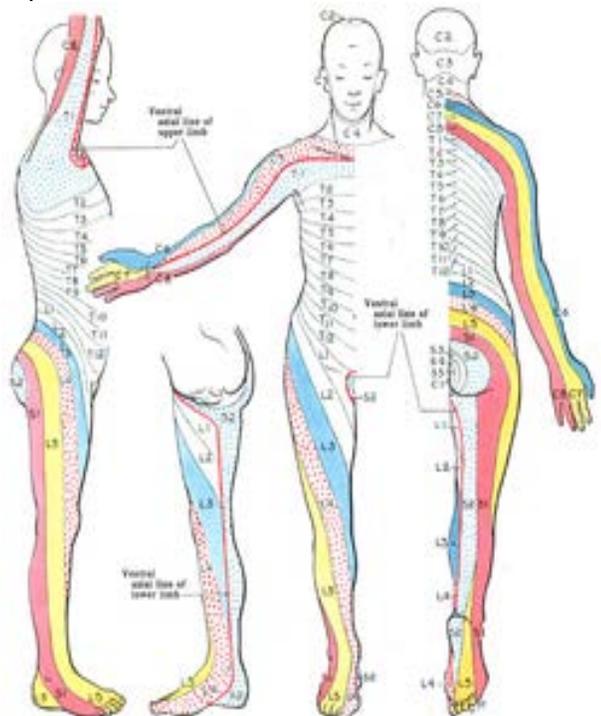
What Causes

Lumbar Radiculopathy?

Lumbar radiculopathy can be caused by compression, inflammation, or injury to a nerve in the low back. Disc herniation, foraminal stenosis (i.e. narrowing of the space through which the spinal nerves exit caused by bone spurs or arthritis), and injury from a trauma are a few causes of this type of pain.

What are Symptoms of Lumbar Radiculopathy?

Symptoms can include, but are not limited to, pain, numbness, tingling, weakness, burning, and/or aching in the leg. The symptoms usually follow the involved dermatome in the leg. A "dermatome" is an area of the leg supplied by a specific spinal nerve. **Sciatica** is a common term that people often use for lumbar radiculopathy. Sciatica is inflammation of the lowest lumbar nerve that exits the spinal column and runs down the back of the leg into the foot. **Sciatica is a symptom, not a diagnosis.**



How can Physical Therapy Help Treat Lumbar Radiculopathy?

Everyone's low back pain and radicular symptoms are different and individual to each patient. The goal of physical therapy in the treatment of lumbar radiculopathy is to decrease the inflammation or compression on the irritated nerve, increase flexibility of the surrounding tissues, provide instruction for proper body mechanics and increase core stability to prevent future flare-ups.

Direct Access means you can see a Physical Therapist first!

Direct access provides patients with the ability to seek care from a physical therapist without the need for a physician referral before the initial evaluation or following treatments. The ability for a patient to have direct access to a physical therapist is mandated by their state as well as their health insurance plan. Direct access to physical therapy services is beneficial for patients because it allows them to bypass the long wait at their doctor's office for a referral to come see us, therefore, **speeding up the recovery process**. Direct access allows physical therapists to become an important part of the screening process, determining whether or not a patient's condition is inside their scope of practice or if the patient's condition needs further consultation by a physician or another specialist.

State Direct Access: Current status of treatment laws



“Physical therapy, by 2020, will be provided by physical therapists who are doctors of physical therapy and who may be board-certified specialists.

Sports and Rehab Accepts:

Consumers will have direct access to physical therapists in all environments for patient/client management, prevention, and wellness services.

- Cigna
- BCBS
- Tufts
- United Healthcare
- Fallon
- Tricare
- Harvard Pilgrim
- Aetna
- Motor Vehicle
- Workman's Compensation

Physical therapists will be practitioners of choice inpatients'/clients' health networks and will hold all privileges of autonomous practice (APTA Vision 2020, 2007).”

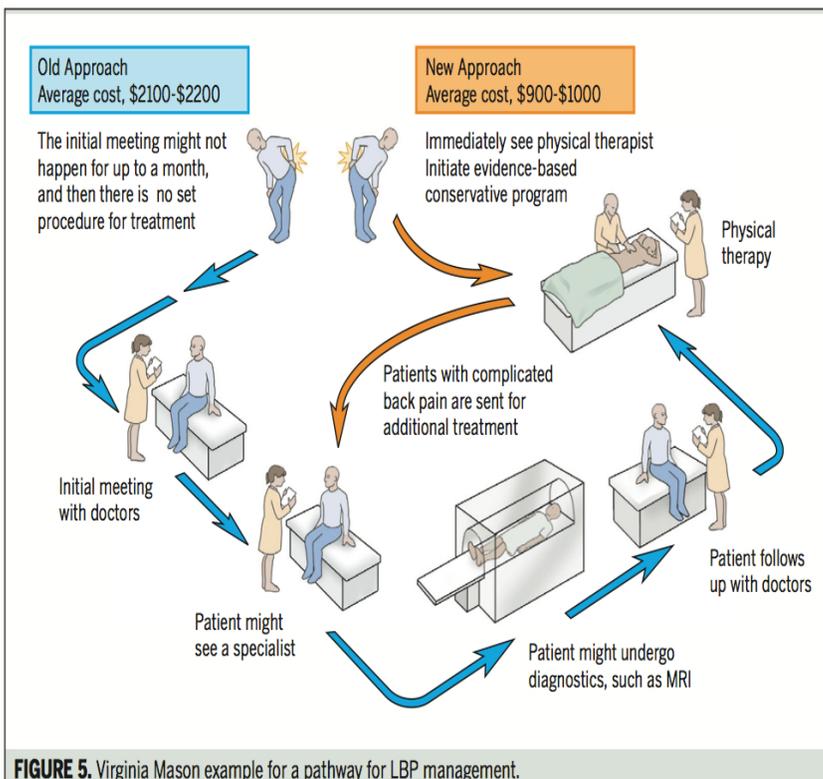


FIGURE 5. Virginia Mason example for a pathway for LBP management.