

# SCIATICA

Sciatica can be brutal, sharp pain in your lower back that shoots down your leg is nothing you want to mess with. If you have or know anyone with Sciatica now is the time to address the problem. You may not need surgery, you likely need to remove the pressure on the sciatic nerve with gentle and specific adjustments. We know adjustment are what needs to be don't but not everyone can handle an aggressive lower back adjustment. Good thing we utilize a very specific and gentle adjustment to remove the pressure on your nerves.

## What causes Sciatica?

There are many factors that could have caused your Sciatica. Most common is improper lifting mechanics, [read this to see how to lift properly](#). Lifting with your back and twisting is the most common reason but not the only one. Arthritis and sitting for long periods of time can add extra pressure to your lower back. The good news is you don't have to live in pain, we have treated many cases of Sciatica from all types of sources and we have gotten great results.

## What can I do now?

First, apply ice to the area that is in the worst pain. Next you should try some gentle lower back and piriformis stretches to increase the mobility in the area ([try these](#)). Sciatica is a condition that needs to be treated with spinal manipulations as soon as your start to have symptoms. Sharp pain in your back and leg are bad but if left untreated can lead to numbness or worse.

## Will I ever be out of pain?

Many of our patients have tried everything before they give us a call. The short answer is yes you can be pain free! A pinched nerve in your lower back can only be treated with proper spinal manipulations to relieve the pressure on the nerve. While medications and massages may make you feel better temporally, long lasting relief can only come when you treat the source of the pain.

## Results:

Steven, 62: I want to personally "Thank You" for helping me heal without surgery. I came to you in severe pain from Sciatic Nerve pain down my right leg. You immediately took an x-ray to determine the cause of my pain and in three weeks of treatments the pain was much less, and in the six weeks the pain is GONE and NO surgery required.



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