

Safe and Natural



Chiropractic is a team approach to better health. As you enjoy results, tell those you love. Explain how millions enjoy relief and better health by restoring the integrity of their spines and nervous systems with safe and natural chiropractic care.




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Sciatica

WHAT PATIENTS WANT TO KNOW ABOUT SCIATICA



Sciatica can be a distracting pain that starts in the lower back and extends down into one or both legs. Chiropractic care has proven to be quite helpful.



Before submitting to dangerous and irreversible surgery, more and more patients are seeking the natural approach offered by chiropractic.

How Will I Get Relief?

Fortunately, to Safe, Sciatica Often Responds Natural Chiropractic Care.

Those suffering from sciatica are often in their 40s and 50s. It usually begins as an acute pain in the lower back and then it extends down the back of either leg. The pain usually worsens with long periods of sitting or standing.

Like a large river created by smaller streams, five pairs of nerves exit the spine in the lower back to form the two sciatic nerves. The soft, pulpy disc between each spinal bone is often involved. While a disc can't "slip," it can bulge, herniate or rupture. This can put direct pressure on the nearby nerves.

The result? Swelling. Inflammation. Pain when coughing, sneezing or with other kinds of movement. Sciatica often worsens with extended bed rest.



How do you get sciatica?

It's easy to trace some spinal problems to an event, such as a car accident. Yet, sciatica is often the result of cumulative damage. Years of bad posture, poor muscle tone, excess weight or countless other causes set the stage. Then, something simple like bending over to tie your shoes, can trigger an episode.



Can anything else cause sciatica?

Spinal decay can be another culprit. Instead of disc thinning that puts pressure on the sciatic nerve roots, arthritic bone spurs can intrude into the space normally reserved for the nerve.



Can chiropractic cure sciatica?

Actually, chiropractic doesn't cure anything! Only your body can do that. The chiropractic approach to sciatica (and other health problems) is to help restore the way your spine works, reducing nerve irritation and revitalizing your own healing ability.



Like the visible part of an iceberg, symptoms are obvious. Yet there can be years of hidden and undetected spinal problems.

Pain pills or muscle relaxers are unable to correct the nerve compression caused by a bulging disc.

Physical therapy merely exercises the unstable joints. Surgery often involves cutting away disc tissue or removing bone to make room for the

nerve. Fortunately, sciatica often responds to safe, natural chiropractic care. Improving joint motion with a series of chiropractic adjustments has produced results for millions.



"Before" and "after" images of the lower back often show improved disc height and spacing. Many patients report that they can resume their lives and that their symptoms have disappeared without drugs or surgery.

Your chiropractic doctor is uniquely skilled to evaluate and reduce the most common cause of sciatic nerve pain.

It's the natural approach to relief and better health.

Like the changing shape of soft ice cream, a common cause of sciatica is a bulging disc that puts pressure on nearby nerves.

How long will I need chiropractic care?

Most sciatica patients are delighted with the results they get after several weeks or months of care. Naturally, this varies from patient to patient. Many discover that years of neglect have produced spinal instabilities that never fully heal. These patients elect to continue with periodic chiropractic checkups. It's up to you.