

# CHIROPRACTIC

## NATURAL HEALTH™

is for Every "Body" Vol. 12, Issue 1

# Why "Suffer" from Sciatic Pain?

Remember how easy it used to be getting out of the car? When putting socks on used to be a breeze? How you could easily carry in your groceries?

Suddenly it hits you—like a lightning bolt—a shearing pain shoots down your leg. An intense, nagging ache in your hip. Or maybe you feel "pins and needles" at different points along your leg. You may even notice cold and burning spots. Whatever your symptoms, sciatic pain can make the simplest, everyday task seem impossible to bear!

Even if none of this sounds familiar, you can still be at risk for developing sciatica. Early sciatic pain is often so mild that most people ignore it altogether! By the time you feel pain or numbness, nerve irritation or damage may have already occurred. Eventually—without proper attention—your discomfort can turn into disability.



Typically, sciatica sufferers have difficulty finding comfortable sitting, standing and sleeping positions. Many patients suffer needlessly for years before realizing that there is help. Chiropractic may be your answer.

That's why we're sending you this informative newsletter. Learn how you can enjoy relief from sciatica pain with chiropractic care. Prompt and regular chiropractic care can help prevent sciatica or stop its progression!

## Chiropractic Gets to the "Root" of Your Pain!

What, exactly, is *sciatica*? It's the inflammation of the sciatic nerve. The sciatic nerve is the longest and largest nerve in your body. Your sciatic nerve is formed from five nerve roots in your lower back that join together deep within your hip area. This helps to explain why patients often apply manual pressure to the buttocks to relieve the constant pain!

A misaligned vertebrae in the low back area is typically the cause of sciatic nerve irritation. The narrowed opening of the spinal vertebrae can squeeze, pinch or irritate the sciatic nerve roots. Anyone who has experienced this can tell you it's like the worst toothache you've ever felt!

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### Sciatica Warning Signs

- Low-back pain
- Shooting leg pain
- Foot pain
- Numbness or tingling
- "Pins" and "needles"
- "Hot" and "cold" spots
- Back or leg weakness
- Difficulty sitting, standing or sleeping

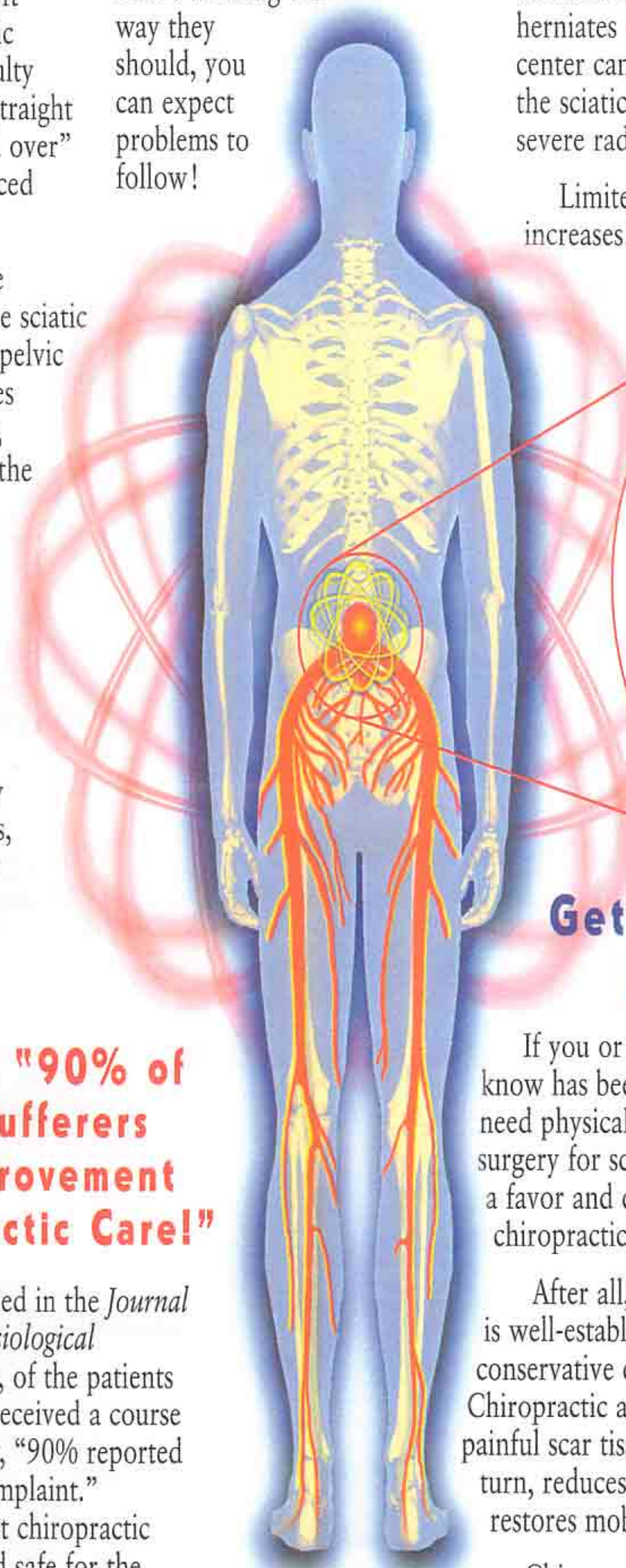


This nerve interference can weaken the supportive soft tissues of the spine. Sciatic sufferers may have difficulty walking with their back straight and often walk "hunched over" until the pressure is reduced from the sciatic nerve.

As you can see on the illustration, at the hip, the sciatic nerve branches from the pelvic area. It divides into nerves that serve muscles, joints, skin and other tissues of the legs and feet. Now you can see why sciatica can cause anything from pain, spasms and numbness—from your hips to your toes!

Joint dysfunction is often at the root of many musculoskeletal problems, including sciatica. That's

because "structure" follows "function." When your joints aren't working the way they should, you can expect problems to follow!



Stiff joints can lead to damaged discs in the spinal column. If a weakened disc herniates or tears, the jelly-like center can leak and rub against the sciatic nerve roots, causing severe radiating leg pain.

Limited mobility only increases your chances of

developing "dried-out" or unhealthy discs. Movement allows vital nutrients and lubrication to enter the jelly-like center of your discs. Healthy discs help you maintain healthy joints!

Don't let structural imbalances, disc problems, muscle sprains or misaligned vertebrae cause a sciatica flare-up.

Chiropractic can restore the structural integrity of your spine and correct your joint dysfunction. Schedule your spinal exam today!

## Get Chiropractic Care NOW Before It's Too Late!

If you or someone you know has been told that you need physical therapy, drugs or surgery for sciatica, do yourself a favor and discover what chiropractic can do for you.

After all, chiropractic care is well-established as effective, conservative care for sciatica. Chiropractic adjustments release painful scar tissue, which, in turn, reduces pain and restores mobility.

Chiropractic care, proper exercise and education can relieve your pain, shorten your recovery period and often prevent the development of chronic pain and disability.

Even if you aren't in any pain right now, we can help keep sciatica problems from occurring in the first place. We are your musculoskeletal experts!

That's why we urge you to call us before the pain starts. It is easier, quicker and far less expensive for you to maintain a healthy spine than it is to treat an unhealthy one!

By correcting the underlying cause of your problem, chiropractic can bring you lasting relief. You owe it to yourself to see how good it feels to *feel good* again!

### Study Says, "90% of Sciatica Sufferers Report Improvement with Chiropractic Care!"

A 1995 study published in the *Journal of Manipulative and Physiological Therapeutics* reports that, of the patients in the study group who received a course of chiropractic treatment, "90% reported improvement of their complaint." Researchers conclude that chiropractic care can be "effective and safe for the treatment of back and radiating leg pain."

[Stern P et al. "A Series of Consecutive Cases of Low Back Pain With Radiating Leg Pain Treated by Chiropractors." *Journal of Manipulative and Physiological Therapeutics*. 1995. 18:6:335-42.]



**"I Want Everyone to Know..."**

by **Susan Toner**

My work as a store owner requires constant movement.

That's how I developed carpal tunnel syndrome. The pain radiating from my neck got so bad, there were times I couldn't even turn my head.

Quitting my job was not an option, but the pain was unbearable! So I tried icing the area and took medication to numb the pain. Three months of this regimen passed and I was no better. Luckily, one of my customers suggested that I try chiropractic.

My chiropractor realigned my spine and removed built-up pressure. My pain was eliminated without any medication! After just six visits, I was able to do my job free of pain and free of pain pills! Now I receive regular adjustments to keep my spine healthy.

If you've ever been in pain and wondered if chiropractic could help you, I suggest you give it a try, too!