

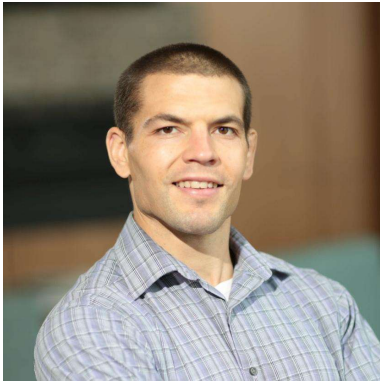
6 NATURAL
SOLUTIONS TO
STOP
SCIATICA

**So you can sit and stand longer
without sharp, shooting nerve pain
in your back, butt, or legs**

By Dr. Dave Candy More  **Life**

About the Author:

Dr. Dave Candy, PT, DPT, OCS, ATC, FAAOMPT



Everyday people consult Dr. Dave Candy looking for answers to questions about sciatica and other types of chronic pain. Dr. Candy is St. Louis's leading expert in helping women age 40 years and above to overcome chronic aches and pains that have failed to resolve despite having other treatments including traditional physical therapy, chiropractic, injections, or even surgery. Dr. Candy believes in taking a whole-person approach to treating pain that takes into account each patient's specific needs, goals, and values. He takes time to truly listen and analyze the problem in order to get to the root cause of the pain and help patients improve their health, energy level, and quality of life.

Dr. Candy created this e-book called **6 NATURAL SOLUTIONS TO STOP SCIATICA** because knowledge is power, and just putting into action some of the tips in this e-book can start you off on the path to recovery.

Dr. Candy received his Bachelor's in Rehabilitation Science from the University of Pittsburgh in 2005 and his Doctor of Physical Therapy degree from the University of Pittsburgh in 2008. In 2012, he graduated from a two-and-a-half year fellowship program in orthopaedic manual physical therapy through the Manual Therapy Institute. In 2015, he completed a certification in trigger point dry needling through Myopain Seminars, which has greatly helped his ability to help people dealing with chronic aches and pains. Dr. Candy is a Board-Certified Specialist in Orthopaedic Physical Therapy and a Certified Athletic Trainer. He is a Fellow of the American Academy of Orthopaedic Manual Physical Therapists and a member of the American Physical Therapy Association. Dr. Candy owns **More 4 Life** in St. Louis, MO, where he helps patients overcome chronic aches and pains naturally without medications, injections, or surgery so they can stay active, mobile, & healthy to get more out of life.

More Life

More Active · Less Painful · Happier · Healthier

Introduction

In this Special Report on Sciatica, I share with you very powerful principles and strategies you can make work for you in treating your sciatica symptoms. They're in no particular order, and they all have only one thing in common: They all work.

There's a great saying that goes: Small hinges swing big doors. And it's often the simplest advice that wins in the end. Truth is, without knowing any details about your sciatica, I cannot tell you which of these will work best for you. And even if I did know the root cause of your sciatica, there are no guarantees that any one single strategy will work. But over the last decade, I've been able to narrow down what really does and doesn't work when it comes to addressing your sciatica, regaining mobility and confidence, and resuming your normal life.

Imagine this... how great would it be if you tried just one of these "tips"... and within a few weeks you could confidently get back the active and healthy lifestyle that you've lost, or are in danger of losing? I will recommend that you try one new step per day and then only keep doing the ones that are making a difference in your symptoms and your pain.

We tend to avoid taking action until we absolutely must. This report is for those people that have been dealing with sciatica for a while and want a long term solution... or help their loved ones address their sciatica. I believe the most important step you can take for your health is to be proactive and an active participant in your health and health decisions. I think you will be pleasantly surprised by how much these simple strategies make you feel. Let's start your journey to a new YOU!

First, Let's Simply Define Sciatica :

Sciatica is a term that is used fairly loosely to describe lower back pain that extends through the hip, buttock, and down one or both legs. It can feel like a bad leg cramp that gets worse from sitting or standing too long in one position, or when changing positions such as getting up from a chair or out of the car. Sometimes the symptoms arise from irritation of the sciatic nerve, but not all cases of “sciatica” actually involve the sciatic nerve.

- **About 1 in 50 people will develop sciatica** at some point in their life, with 25% developing symptoms that will last longer than 6 weeks.
- Disc herniation can cause sciatica in people between ages 30 and 50, but *many people without any symptoms* also have disc herniation. Simply put, just because you have a disc herniation doesn't mean it has to hurt.
- If you are over the age of 60 and were diagnosed with sciatica, it's more than likely due to arthritic changes in your spine. This can be easily relieved with proper treatment.
- “Piriformis syndrome” is when the piriformis muscle in your hip spasms, creating pressure and squeezing the sciatic nerve. This requires a different treatment than sciatica caused by your back pain.
- Some conditions mimic symptoms of sciatica, but **do not** affect the sciatic nerve such as a sacroiliac joint sprain or hip pain.

*****Finding out which of these problems is causing YOUR sciatica is vital to finding the proper treatment to help your symptoms*****

The following 6 items are some general tips that are helpful for many people with sciatica. If you have more specific questions about YOUR sciatica, feel free to contact us at More 4 Life at 314-941-3970.

1. AVOID PAINFUL MOVEMENTS - POSITIONS & SITTING RECOMMENDATIONS

When you have back pain and sciatica, finding a comfortable position seems impossible. Changing positions often is necessary during an episode of acute back pain/sciatica. Try not to sit for more than 15-20 minutes at a time when possible. When you start feeling pain, don't wait to change positions. When sitting, make sure to sit all the way back in the chair so that your lower back is fully supported on the backrest.

Make sure you also watch what you do when sitting. Avoid sitting cross legged or with your feet crossed, as this places more tension on the hip muscles.

Laying down may help you get relief during an acute episode, **but avoid complete bed rest!** Movement is good for sciatica.

2. WALKING

Standing or sitting still are common causes of sciatica. Taking frequent, short walks can be helpful to relieve sciatica. Keep in mind, it sometimes takes more than a minute of walking to start experiencing relief.

When walking, try shortening your stride. Taking shorter steps helps you avoid placing too much stress on your hips, pelvis, or lower back.

If your sciatica is due to arthritic changes and the possible narrowing of the spinal canal (what we call "stenosis"), walking may actually worsen your sciatica symptoms. In this case, **leaning slightly forward when walking** may help you be able to walk longer with less pain.

Consulting a physical therapist at this point, would be beneficial if you're unable to resume your normal walking activities.

3. AVOID STRETCHING

Stretching a tight painful leg might sound like a good idea when you suffer from sciatica, but you may feel tightness and sharp jabs of pain down from your hip to your toes when you do so. You may feel you need to stretch or pull out the pain from the back side of your leg.

In this case of sciatica, you will likely exacerbate your condition if you stretch your leg in the same fashion as you would stretch your hamstring/back of your leg. Static sustained leg stretches are rarely tolerated by sciatica sufferers.

4. AVOID BENDING FORWARD FROM THE LOW BACK

Bending forward by flexing your lower back tends to increase the pressure placed on the muscles in your back and hip. It can increase the intensity of your back or leg symptoms when you have sciatica

Bending from your hips instead of your back can also help. Using a dowel rod, as shown below, can help you learn how to bend from the hips.



Hold the dowel rod on your back as shown. Push your hips backwards and allow your knees to bend as you lean your trunk forward. Return to a standing position by pushing your hips back forward. The dowel rod should stay flat on your back through this entire movement. Try to minimize the gap between your low back and the stick (as in picture above), and do not let the bottom end of the stick come off of your bottom.

5. MISTAKES TO AVOID:

- **USING A BACK BRACE:** Using a back brace to support your back might sound like a good idea (which it can be) for a short period of time to just take the edge off. But when you wear a brace all the time, you prevent your muscles from doing their job at actively supporting your lower back, making those muscles weak, and your body progressively learns to rely on that brace. **It's OK to use braces some, but not all the time.**
- **OVERUSE AND DEPENDENCE ON PAIN MEDICATIONS:** Often, if you meet with a physician when your sciatica is acute, you will be prescribed pain medication, often a dangerous opioid. I'm also not against pain medication. They have their place especially when your symptoms seem to be at their peak. But, what you need to remember is that pain medications **do nothing to address the root cause of sciatica.** It's OK to use medication as needed for short-term relief, but it's not a long-term solution!
- **DOING THE WRONG EXERCISES:** Movement and exercise are extremely important in overcoming sciatica. But, not every exercise is created equal when it comes to sciatica. Rule #1 should be to only do exercises that don't aggravate or stress your sciatic nerve condition. Like I mentioned previously, lots of people try to "stretch" the pain away from their leg. This only irritates your condition further.

6. FIND A PHYSICAL THERAPIST THAT HAS EXPERIENCE WITH SCIATICA

Many people try to go through their sciatica by themselves. Using the tips in this guide can help. However, if your sciatica has lasted longer than 2 weeks, getting in to see a skilled physical therapist who has experience treating sciatica can help speed up your progress, AND teach you what to do to avoid making this worse. More importantly, a skilled PT can teach you how to take care of your back for the long-term to keep the pain from coming back in the future.

Requesting a consultation with a physical therapist is an easy process and in most cases does not require a prescription from a physician to get started (This is called Direct Access).

Our physical therapist specialists at More 4 Life will help you find relief from your sciatica and help you return to a normal active life. To find out how we can help, call 314-941-3970 or request a **FREE Discovery Visit** at: <https://M4LPT.com/discovery-visit/>

Take Home Message:

I hope this series of tips helped you better understand your sciatica and gave you some ideas of things to try on your road to recovery. No matter how long you have been suffering with your sciatica, there is always more you can do to help it to return to daily activities pain free. You've already taken the first steps in reversing it by reading this report and implementing the tips within it.

Sciatica is not a death sentence. **The problem is that most people allow the problem to get much worse before looking for a solution.** If you are currently dealing with sciatica, whether it is new or chronic, we are more than happy to talk to you about your personal situation. We offer **FREE phone consultations** so that you can be confident in taking the next step to get back to a pain free life.

Request a **FREE PHONE CONSULT** by visiting <https://M4LPT.com/phone-request/> or you can call at **314-941-3970**.

At More 4 Life, we are passionate about helping people get out of pain and restore their quality of life. **In the weeks ahead I'll be sending you even more tips and advice on how to overcome your pain and improve your health, energy level, and quality of life!**

Sincerely,

Dr. Dave Candy, PT, DPT, OCS, ATC, FAAOMPT
Owner, More 4 Life

Health Advice Disclaimer

- This guide is intended for instruction and informational purposes only.
- The author is not responsible for any harm or injury that may result.
- Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury.
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For more information contact:



More 4 Life
14585 Manchester Rd.
Manchester, MO 63011
314-941-3970

<https://M4LPT.com>