

Lower Back Pain and Sciatica

Simple Steps to Quick and Natural Healing

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1. Who Is Chris Taylor?

- a. How I came to specialize in back and pelvic pain.
- b. The most read Sciatica blog in Western North Carolina.

2. What is “sciatica”?

- a. The sciatic nerve is the Largest nerve in the body. (It is actually 2 nerves).
- b. It travels from the back down the back of the Leg into the foot.
- c. Pain running down the back of the Leg, is caused by a problem in the back.
- d. Sciatica sufferers may experience pain, numbness, or tingling in the leg.

3. First step: Is the pain, numbness or tingling RE - producible?

- a. If so, then it is likely RE - Ducible.
- b. Do you have pain with standing? Walking? Sitting? Lifting? Changing positions? (Getting in and out of a car, getting dressed or getting out of bed in the morning?)

4. The #1 mistake sciatica and lower back pain sufferers make:

- a. They IGNORE it.
 - i. IGNORE it.
 - ii. ALTER OR CHANGE it.
 - iii. HANDLE it.

5. The 3 common causes of lower back pain and sciatica are:

- a. Herniated Disc. Pain with bending forward.
- b. Stenosis, DDD, Arthritis. Pain with standing or walking.
- c. SI Joint or Pelvic Problem. Pain with sitting.

6. How do we treat it successfully? Hands on style physiotherapy

- a. Hands-on PT to mobilize the pelvis.
- b. Strengthening exercises to stabilize the pelvis.
- c. And occasionally traction.

IMPORTANT POINT: There are different treatment programs for each cause of sciatica. Doing the right treatment plan to address the cause of your pain will result in permanent relief, feeling better and moving better. Doing the wrong one can make the symptoms even worse.

Looking for more information and special bonuses?

All attendees may download a FREE copy of our “Top 10 Burning Questions about Sciatica,” simply go to <https://physiownc.com/olli> to download a FREE PDF. We have also included other valuable resources and information.