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Sciatica: Low Back Pain Relief Once And For All (Super Spine)



Synopsis

Are you sick of suffering from sciatica? Pain from the sciatic nerve can make every day chores feel impossible, even simple things like driving can be difficult. You need to have a plan. Dealing with sciatica can be scary and it's hard to know what to do without making time to see a doctor, physical therapist, or chiropractor for advice. And even when you make the decision to get professional help, should you see a specialist or not? How many times have you wanted to try something but were scared, not knowing if it would help the pain or make things worse? Should you use ice, heat, or alternate between the two? Should you get a massage or will that make things worse? Don't waste any more time and energy dealing with sciatica without a plan. Don't wait for someone to come along with the magical cure or continue to rely on medications. You do not have to live with the pain. The truth is that you do not have to keep living this way. There are ways to get rid of the pain once and for all. In this book I will share what I have learned from over a decade of treating all types of patients with neck pain. Whether you are an office worker who sits at a desk all day, or you are retired and starting to experience arthritic pain from simple wear and tear over the years, this book will show you that there are things you can do to keep your back healthy and pain free. Hundreds of people just like you, who used the strategies in this book, are now living pain-free. They learned how to keep their backs strong and healthy and so can you. Learn what you can do at home. You will learn the exact strategies that I teach my patients each day, including things like when to use heat or cold, which stretches work best, how to calm a muscle spasm, how to set up your desk and workplace, and more. Take action and learn the specific you can start doing today to bring back the joy of pain-free life and get your back in better shape for the future.

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Customer Reviews

When I was in my early 30's, I started having pain radiating down my left buttock. I remember wondering how on earth I had managed to sprain my butt. I looked in a home medical book and diagnosed myself (correctly) as having sciatica. Being without insurance at the time, I followed the self-help suggestions in the book and I have continued to look for others through the years. I have gradually evolved a regimen of techniques ranging from how I sleep, stand, and sit to nightly stretches. I guess you could say that I have been successful, since I have managed to remain pretty much pain free for decades without resorting to surgery or pain medication. But I always wondered why there were so many different methods of self-treatment and why some worked for me and some didn't. Turns out that "sciatica" isn't really a diagnosis, but a description of a set of symptoms. Different problems may be causing those symptoms, which is why some treatments may work for you and others not. Understanding that basic fact clears up many of the things that have puzzled me during all the years that I have dealt with sciatica. Last month I read this author's excellent book on chronic neck pain (NECK CHECK) and learned so much from it. Now he's written this book which addresses my second problem area. Is he reading my mind or am I simply a very typical Baby Boomer dealing with the effects of ageing? Probably Door #2. This author is a well-credentialed and experienced physical therapist, but the value of his books lies not in what he knows, but in his talent to explain complicated medical information in terms that the rest of us can understand without being intimidated or overwhelmed.

In this book by Sean Sumners, the author gives readers/patients a clear cut description of what exactly Sciatica is, who gets it and how, and then most importantly, the steps you can take to avoid getting this condition, or: what to do if you have developed it and the exercises/therapy recommended for treatment. Before reading this book, I knew nothing about sciatica, least of all the causes and how millions are affected each year just by sitting all day long at a desk, which can later

grow into arthritic problems. Other groups hit by this condition are runners, heavy-lifters, or people with diabetes. The author is an authority in the matter and as the lead therapist for back pain and spinal care at one of the leading facilities in the world, he shares with us his experience in how to handle this condition if it does occur. I personally do not suffer from sciatica but knowing people who do, I read this book for them and highly recommend that this is the book you need to read if you or anyone you care about is struggling with sciatica. There are several key reasons I recommend this book. First of all, it doesn't read like a medical journal. The writing style and tone the author uses is very clear and medical terminology [there are a few but not many] are clearly explained by Sumners so readers can fully grasp what is being said without having any prior knowledge about the condition. Sean explains about the anatomy of the spine and includes very clear diagrams that just expands on the reading experience.

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