



5 step guide to

SCIATICA RELIEF

A chiropractor's guide to understanding & relieving sciatic nerve pain

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01.

SOUND FAMILIAR?

If this sounds familiar, you may be dealing with irritation of the sciatic nerve.

Many people with sciatica experience:

- Pain shooting down the leg
- Tingling or numbness in the foot
- Pain that worsens when sitting
- Relief when walking or standing
- Difficulty bending or lifting



60%-80% of the population will experience low back pain





WHAT SCIATICA REALLY IS

Sciatica refers to pain traveling from the lower back into the leg due to irritation of a lumbar nerve root.

Common causes include:

- Lumbar disc herniation
- Disc bulging
- Lumbar radiculopathy
- Spinal joint irritation



Sciatica is a symptom — not the root cause. This is why many people struggle with recurring pain.





WHY SCIATICA OFTEN DOESN'T IMPROVE

Many common treatments only address symptoms rather than the cause.

For example:

- ✗ Temporary pain relief medications
- ✗ Passive treatments without movement correction
- ✗ Random stretching programs

Long-term improvement usually requires:

Identifying the cause

Reducing nerve irritation

Restoring healthy movement patterns



STEP 1: CALM THE NERVE

When a spinal nerve becomes irritated, inflammation increases pain sensitivity.

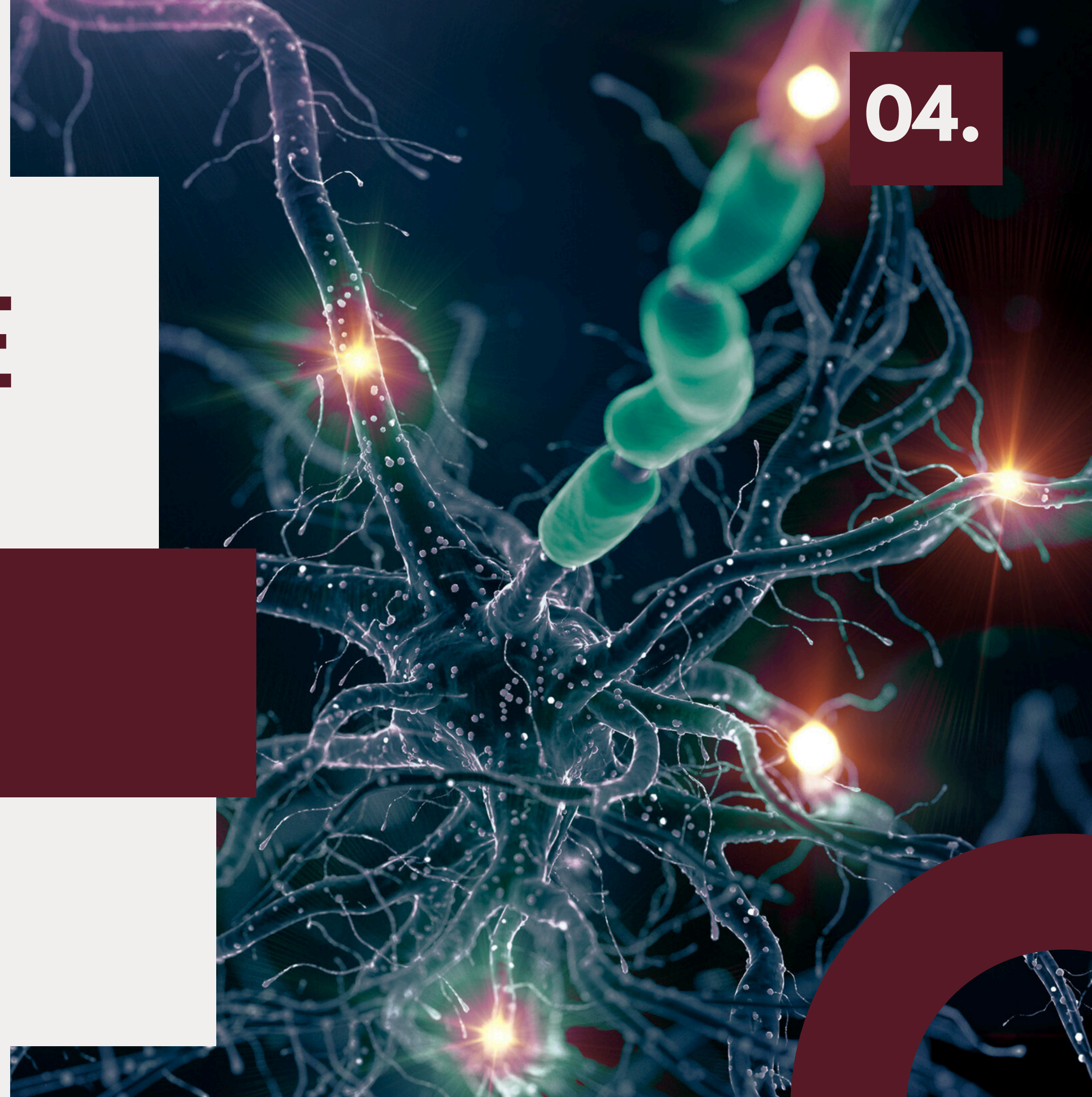
Early goals include:

- Reducing inflammation
- Avoiding aggravating movements
- Maintaining gentle movement



Helpful habits:

- Short walks throughout the day
- Avoiding prolonged sitting
- Ice during flare-ups
- Avoid direct heat application





STEP 2: FIND YOUR DIRECTION OF PREFERENCE

Research shows that many back problems improve when the spine moves in a specific direction that reduces nerve pressure. This is called your direction of preference.



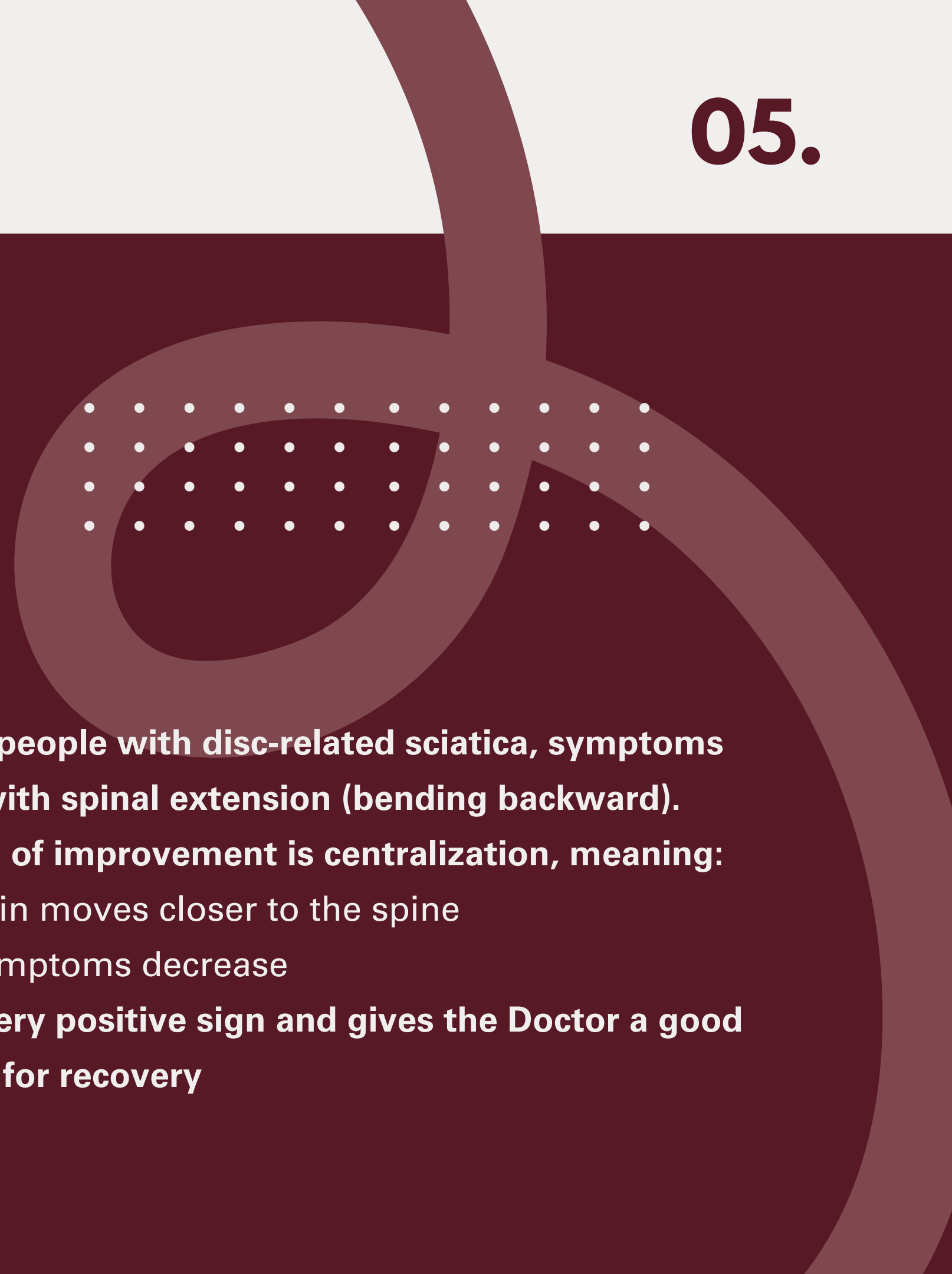
60%-70% of patients with back pain show a directional preference

For many people with disc-related sciatica, symptoms improve with spinal extension (bending backward).

A key sign of improvement is centralization, meaning:

- 1. Leg pain moves closer to the spine
- 2. Leg symptoms decrease

This is a very positive sign and gives the Doctor a good prognosis for recovery



STEP 3: AVOID DISC STRESS

Spine research has found that many back injuries worsen due to repeated stress on spinal discs. Common triggers include:



Repeated bending



Poor lifting mechanics



Prolonged sitting

Learning spine-sparing movement patterns can significantly reduce stress on injured discs.



STEP 4: BUILD SPINE STABILITY

Once symptoms improve, strengthening spinal stabilizers is essential.

These muscles include:

- Deep abdominal muscles
- Glutes
- Core stabilizers

These muscles help:

- Protect spinal discs
- Reduce nerve irritation
- Prevent recurrence



STEP 5: GET THE RIGHT DIAGNOSIS

Not all sciatica is caused by the same condition.

Common problems seen in clinic include:

- Lumbar disc herniation
- Lumbar radiculopathy
- Spinal joint dysfunction
- Nerve entrapment

A proper evaluation helps determine:

- The source of nerve irritation
- The most effective treatment approach
- Exercises that support recovery



90%

90% of people diagnosed with a lumbar spine disc herniation with sciatica will improve in 6-12 weeks with non-surgical treatment.



WHEN TO SEEK PROFESSIONAL CARE

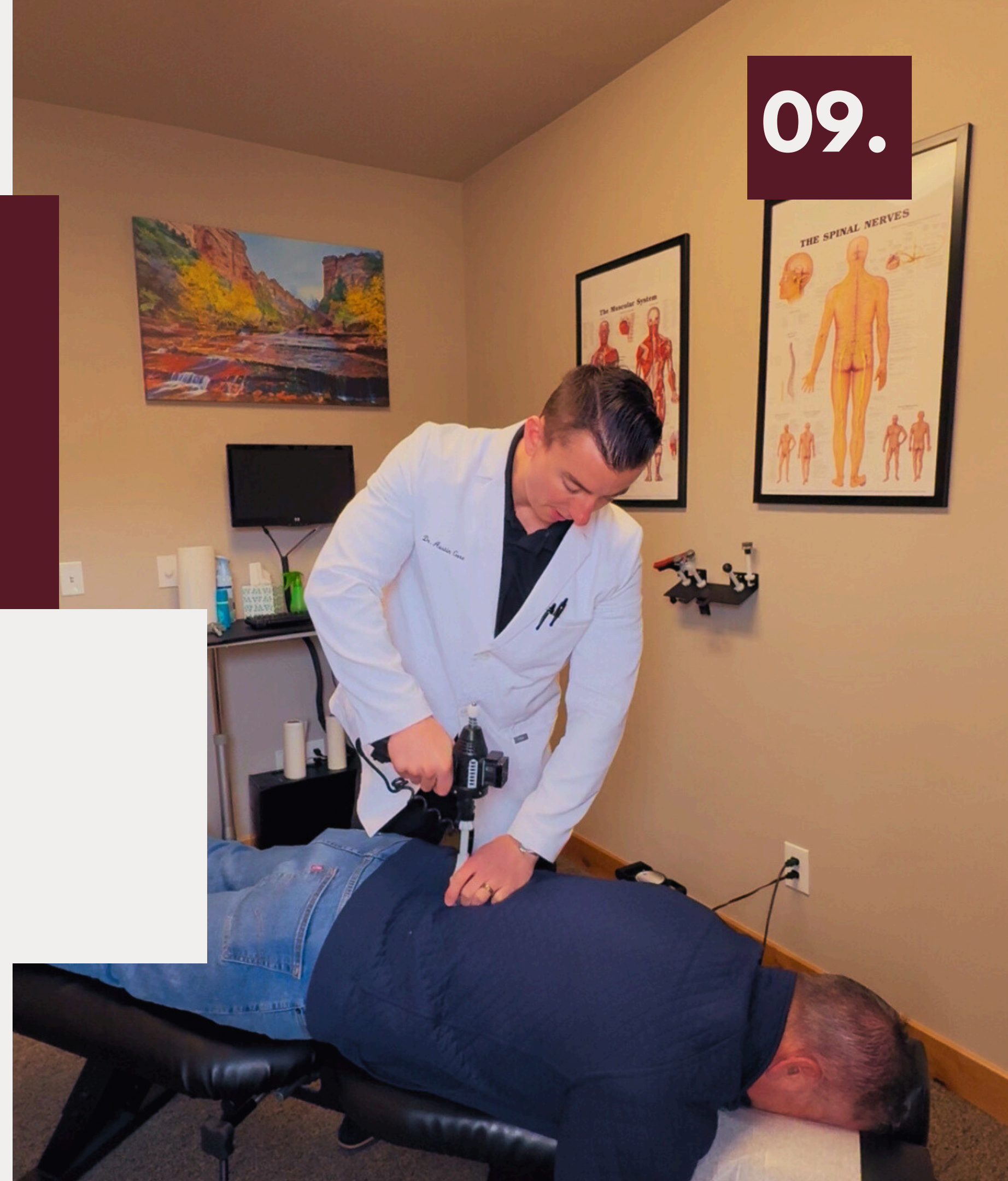
Early evaluation can often prevent symptoms from becoming chronic.

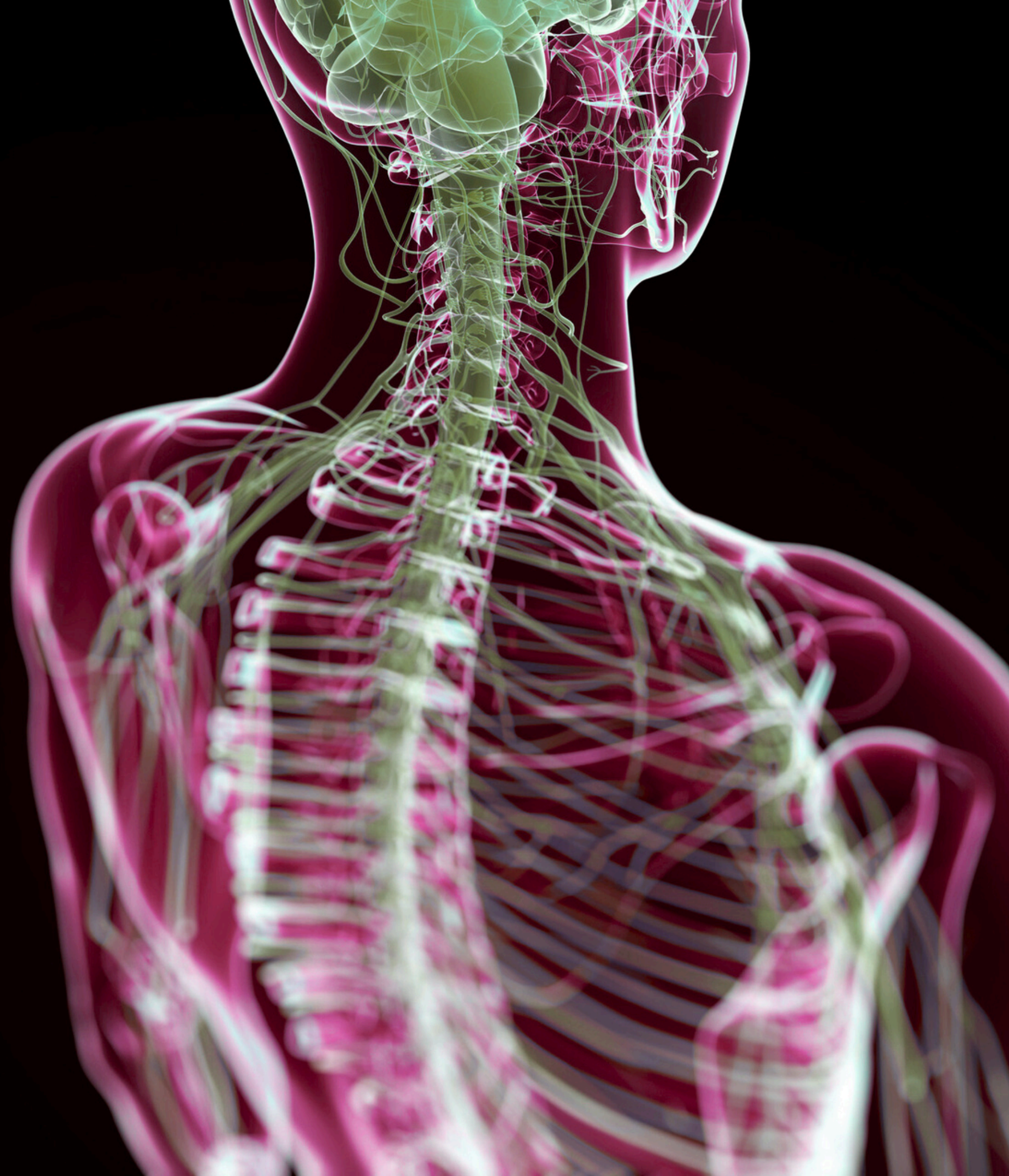
You should consider a spine evaluation if you experience:

- **Persistent leg pain**
- **Numbness or tingling in the foot**
- **Symptoms lasting longer than 2–3 weeks**
- **Worsening pain with sitting**

64% ↘

In a recent study, patients who saw chiropractors had a 64% lower odds of receiving an opioid prescription





STRUGGLING WITH SCIATICA?

Schedule your free consultation and \$99 exam

Dr. Austin T. Gore DC
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Sources

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