

# SCIATICA

**WHY YOU HAVE BEEN  
TREATING IT WRONG!**



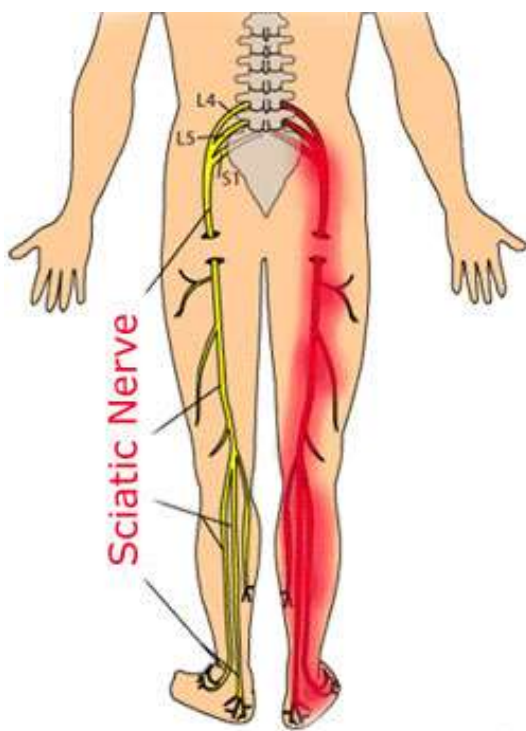
**COPYRIGHT SCIATICASOS.COM**

---

# WHAT IS SCIATICA?

---

If you suffer from Sciatica, or you're close to someone who does, you already know that it is one of those conditions that can be quite overwhelming and incapacitating while causing a lot of discomfort even when attempting simple daily chores. You must also know that the pain caused by sciatica can be excruciating around the hips and the legs. What many people do not know is, that when the right treatment is applied early enough, this condition can heal completely.



Sciatica is caused by irritation of the sciatic nerve, which is the largest nerve in the body and controls the muscles that are in the lower back of the knee and leg. When a disorder in the lower back (lumbar spine) exists, it is likely to cause sciatica. This is because the sciatic nerve is a combination of five sets of paired nerve roots in the lumbar spine and when any of these nerves is compressed or pinched, it causes pressure on the nerve route that leads to the irritating pain, weakness and numbness.

Apart from the compression of one of the nerves, there are other known causes of sciatica which include:

**A herniated disc:** This refers to as a slipped disc and occurs when the inner soft tissues of the disc leak out to the outer core and affects the nerve root

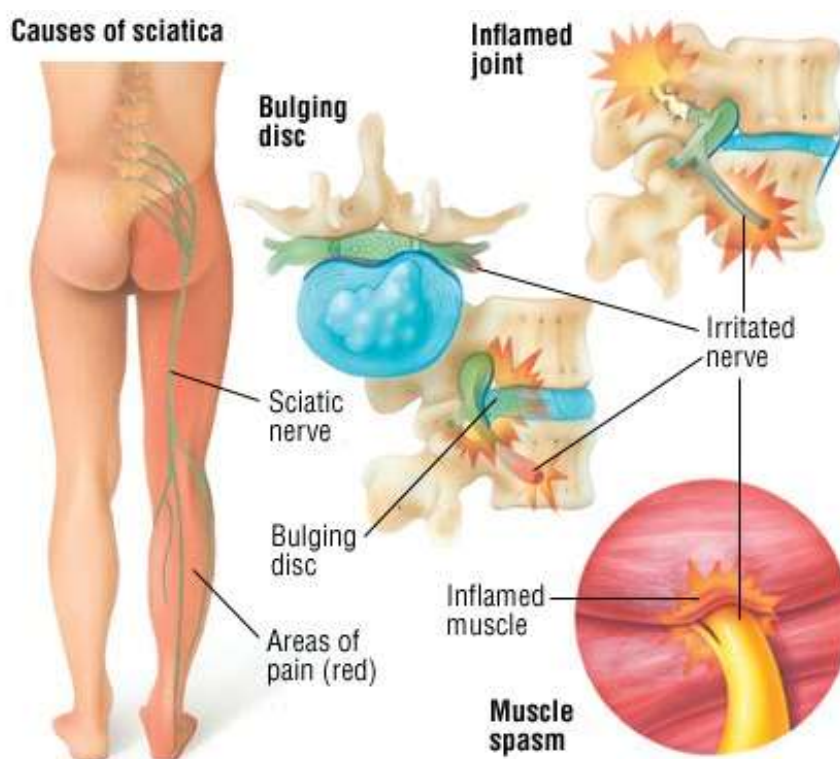
that results into a herniated disc. The leaked disc tissues contain an acidic chemical that is irritating and results into nerve inflammation and pain.

**Lumbar spinal stenosis:** This is a nerve compression disorder that's mostly common with older people and results into the narrowing of the spinal canal. The condition may be caused by the overgrowth of soft tissue or a bulging disc that exerts pressure on the nerve roots resulting into sciatica.

**Piriformis syndrome:** This condition occurs when the piriformis muscle, a small muscle that's found deep in the buttocks tightens. It can exert pressure and irritate the sciatic nerve resulting into pain.

**Isthmic spondylolisthesis:** This condition is caused by a slip of one vertebra resulting in misalignment. When there's fracture or disc space collapse, where one vertebral body slips over the one below due to fracture on the bone connecting the two joints, the root nerve can easily get triggered and cause sciatica. The fracture can be caused by stress on the bone.

**Trauma:** External pressure on the spinal nerve roots resulting from accidents, falling, or any other external force to the lumbar has the potential of causing compression to the nerves that can also lead to sciatica.



Understanding what sciatica is all about and the various causes leading to it provides you with the right information and enables you to take the necessary action for total healing and freedom from this condition.

It is important to understand that sciatica caused by different factors needs to be treated differently; **the one size fits all approach does NOT work for sciatica and can indeed worsen your condition** - *New England Journal of Medicine (2015)*.

## Why Conventional Sciatica Treatments Often Fail

If you visit a doctor about your sciatica, he or she is likely to prescribe pain-killing medication. This can be useful as a short-term fix and may also reduce inflammation.

The problem is that medication **doesn't address the underlying cause of sciatica**. If you have a compressed or irritated nerve, drugs often just hide the problem without resolving what's really causing your pain.

The most commonly prescribed treatment for sciatica pains are the non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen, aspirin and diclofenac.

However, the NSAIDs have significant adverse effects if used for a longer period and can result into conditions like a heart attack for those having heart conditions. Using NSAIDs for long-term has been found to





be the second most common cause of gastrointestinal bleeding and ulcers, as reported in the *Trends in Cardiovascular Medicine Journal (2015)*.

Precaution should, therefore, be taken when dealing with NSAIDS for a prolonged period to avoid any further risk. NSAIDS also have various side effects like drowsiness, high blood pressure, headaches, and reduced kidney function. It has also been reported that ulcers caused by NSAIDS are more likely to bleed than those caused by bacteria.

The worst part about relying on such medications to deal with sciatica pain? If something you are doing is causing sciatica...such as putting excessive load on the spine during certain movements...**then masking the pain with drugs could cause you to keep repeating the action and make your pain worse.**

This is a big problem with the modern approach of pain management. It's also why many people suffer for years with sciatic pain even though they are receiving traditional medical treatments.

## Can Chiropractors Eliminate Sciatic Pain?

Another common treatment for sciatica is chiropractic manipulation. There is some low-quality evidence that this can provide relief for short-term sciatica...**but there is little or no evidence that it can work for chronic sciatic pain** - *The Cochrane Database of Systematic Reviews (2012)*.

There have also been reports that sciatic manipulation can cause a condition called cauda equina syndrome – a serious problem that can lead to loss of function in regions of the lower back. It can even result in sexual dysfunction or loss of bladder control.



Considering there isn't much evidence to suggest that chiropractic manipulations can reduce sciatic pain, it's hard to recommend it as a treatment when it's potentially linked to more serious problems such as cauda equina.

## Sciatica Exercises – Why You **MUST** Perform the Right Exercises According to the Cause of Your Sciatica

If you're suffering from sciatica, you may feel like you don't want to do any exercise or physical activity. This is understandable – especially if pain is severe. Even so, it's vital to stay active to prevent your muscles from becoming weak and stiff.

The best way to do this is through a guided sciatica exercise program. By using a combination of strengthening and mobility exercises, you can maintain strength and reduce compression of the sciatic nerve. This can lead to a relatively quick improvement in pain levels.

You shouldn't just Google a random set of exercises for sciatica though. This is a common mistake – **but can lead to increased pain and recovery times**. It's also one of the main reasons why people who use sciatica exercise programs don't successfully reduce their pain - *The Spine Journal (2015)*.

## Why Sciatica Exercise Programs Are Often Ineffective

Sciatica can be caused by a range of different problems, including a herniated disc in the spine, spinal infections, repetitive injuries, enlarged ligaments...and many more. Performing the wrong exercise for the underlying cause of your sciatica could actually make your pain worse – and may increase the time taken for a full recovery.

If, for example, your sciatica is caused by excessive bending of the spine, then exercises to increase lumbar range of motion could make the condition worse. In contrast, these same exercises can be very effective at treating sciatica caused by excessive muscle tightness around the sciatic nerve.

This is why you should be extremely careful when finding a sciatic exercise routine online. In fact, unless the program recommends different exercises for each cause of sciatica, you SHOULD avoid it - *The Medical Clinics of North America Journal (2014)*.

## What is An Effective Strategy To Treating Sciatica?

If conventional treatments are ineffective for sciatica healing – or can even make the problem worse - what can you use instead?

There are a number of effective treatments available. These include certain home remedies that combat the inflammation, specific movements that re-align the body and eliminate stresses on the nerve, therapy while you sleep and others. These treatments have helped thousands of people overcome their sciatic pain without expensive or dangerous therapies.

If you've spent time researching sciatica cures, you've probably already heard about **Sciatica SOS™** – a treatment program that guarantees to eliminate pain in just 7 days.

But what exactly is the program? And can it really resolve your pain that quickly?

### **Overview of Sciatica SOS™**

**Sciatica SOS™** is a program created by Glen Johnson – a former sciatica sufferer whose pain became so bad he couldn't even do the grocery shopping...he had to rely on his wife to do all the work.

After years of struggling with pain that was becoming increasingly worse – and trying every conventional treatment, such as pain medication and regular visits to a chiropractor – Glen realized it was time to try something new.

That's when he was introduced to a different way of treating sciatica by a family friend. The treatment, originally developed in Ancient Nepal, gave Glen almost instant pain relief. ***And within five days, his sciatica pain had disappeared completely.***

In **Sciatica SOS™**, Glen reveals the exact treatment program that you need to follow to achieve the same results...

### **What's Included in Sciatica SOS™?**

The program starts with a useful section explaining the most common causes of sciatica. It also helps you identify the underlying reason for YOUR pain.

This is essential because there are many potential causes of sciatica, and they need to be treated differently (this is also a big reason why Googling generic treatments doesn't work and will likely make your sciatica worse).

Once you've completed this section, the real meat of the program begins. Glen guides you through the different types of treatment, and tells you exactly which to use depending on the underlying cause you discovered earlier.



The process is laid out step-by-step, and is very easy to follow, requiring just a few minutes each day. You should notice dramatic improvement in your pain in the very first day, and your sciatica should be **gone completely in 7 days or less.**

### **Does it Really Work That Fast?**

At this stage, you're probably thinking that the program *sounds* powerful – but can it really work that fast?

I don't blame you for being skeptical. Most people are. But have a look at the experiences of some of the people who tried the program:

Here's an example from Jane Eddington, Minnesota:

*“Thank you so much for this Glen! After 3 months struggling to get a good night's sleep due to the pain, I was searching online to see if there was something out there that could help as pain killers and NSAIDs just weren't cutting it.*

*When I ran across your site my first thought was it sounded too good to be true, but gave it a try anyway seeing that you had a money back guarantee in place.*

*I could hardly believe it; literally the next day the pain was gone and I was able to get a proper night's sleep. You're a life saver.”*

And another, from Michael Pierce, Ireland:

*“I can't thank you enough Glenn!*

*I was a sciatica sufferer for years and had wasted thousands of dollars on all kinds of therapies and medications, from epidural injections to chiropractic*

*treatments. I'd get temporary relief but after a few days the pain would be back.*

*It had gotten to the point where tying my own shoe laces had become a painstaking 10 minute task.*

*A friend of mine sent me a link to Sciatica SOS on Facebook and barely 5 days later the pain was gone completely and I have my mobility back. One month later I am still completely pain-free. This should be a must to anyone with sciatica.”*

These are just a few of the success stories – there are many at the Sciatica SOS™ website. [Click here to check them out.](#)

### **How Does Sciatica SOS™ Work So Well?**

Sciatica can make even basic tasks such as sleeping or unloading groceries painful. It's also a condition that the medical profession often doesn't take seriously – which can be incredibly frustrating for those affected by it.

Glen understands these frustrations, and has designed Sciatica SOS™ to provide rapid pain relief without dangerous medicine, expensive treatments or hours of therapy.

The program also doesn't rely on covering up pain or temporarily reducing it. Instead, it is designed to eliminate sciatica PERMANENTLY.

Best thing about it? It is 100% risk-free for you: If it works– great! And if it doesn't, Glen offers a **full no-questions-asked money-back guarantee**...basically if for any reason (or no reason at all) you are not blown away by the results, you get all your money back – *no questions asked*. You'll also get to keep the entire system for free!

You really have nothing to lose, except your sciatica pain – fast. So what are you waiting for?

Take advantage of this incredible offer right now -100% risk-free.

**[Watch the FREE Sciatica SOS™ VIDEO](#)**

**[and get started immediately!](#)**



**FREE Presentation Reveals A 2000-Year-Old Nepalese Secret**  
**To Cure Your Sciatica in 7 DAYS OR LESS - GUARANTEED!**

Make Sure Your Sound Is Turned On  
Please Wait Up To 5 Seconds For The Video To Load...

Sciatica

YouTube

### **Scientific References**

- Ropper, AH et al. 2015, 'Sciatica', *New England Journal of Medicine*, vol. 13, pp. 1240-8
- Anwar, A et al. 2015, 'Elevation of cardiovascular risk by non-steroidal anti-inflammatory drugs.' *Trends in Cardiovascular Medicine*, vol. 14, pp. 1050-1738
- Rubinstein, SM et al. 2012, 'Spinal manipulative therapy for acute low-back pain.', *The Cochrane Database of Systematic Reviews*, vol 12
- Lewis, RA et al., 2015, 'Comparative clinical effectiveness of management strategies for sciatica: systematic review and network meta-analyses., *The Spine Journal*, vol 15, pp. 1461-77
- Gopal, AL et al., 2014, 'Low back pain', *The Medical Clinics of North America*, vol. 98