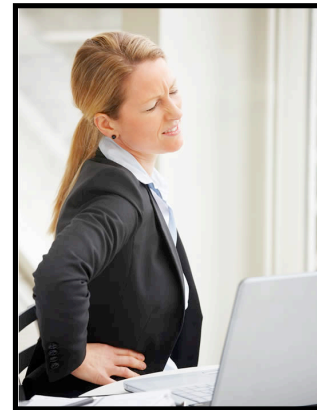


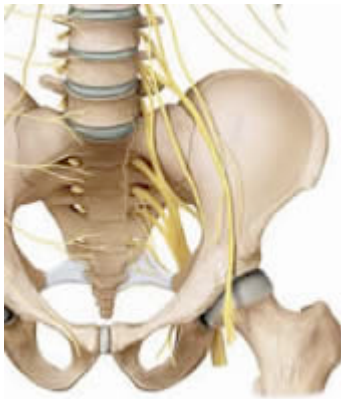
## Sciatica: Symptoms and Treatment

- Sciatica refers to a collection of symptoms.
- Determining the underlying cause of sciatic pain is vital to treatment
- Studies show that the outcomes of surgical and non-surgical treatments for low back pain are the same after two years.
- Postural imbalance leads to spinal conditions that cause sciatica
- Trigger points can mimic true sciatic pain and need to be treated differently from true sciatic compression.



It is important to remember that Sciatica is a term for a collection of symptoms relating to the compression of the five nerve roots that join together to form the sciatic nerve or the sciatic nerve itself rather than a diagnostic term indicating the source of irritation of these structures. Determining *why* the sciatic nerve and its roots are causing pain is the key to successful treatment of Sciatica. In addition, pain patterns caused by Trigger Points, found in muscle tissue, can mimic Sciatica symptoms. Unless a distinction is made between nerve compression and trigger point pain, customary treatments of sciatica can be unsuccessful. Surgical approaches to alleviating Sciatica include laminectomy, discectomy, laser surgery or even spinal fusions. A study from the University of Virginia, published in 2008, shows that the outcomes of surgical and non-surgical treatments for low back pain, including Sciatica,

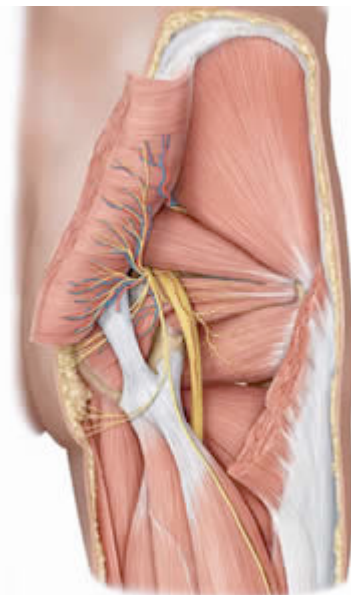
are the same after 2 years (1). Integrative Neurosomatic Therapy resolves Sciatic nerve pain in a lasting, non-surgical, way that addresses the forces that cause nerve compression as well as relieving “Sciatica-like” Trigger Point pain. Let’s take these two components and explore them more fully...



Compression of the sciatic nerve and its roots can be the result of several different conditions. Disc, stenosis, spondylolisthesis and muscular entrapment are some of the more common reasons for nerve compression. In these conditions, there is actual physical pressure on the Sciatic nerve roots, causing pain. We believe that these conditions have postural imbalances at the root of their cause.

The physics of postural distortion produces forces like torsion, shearing and compression that contribute to the weakening of soft tissues, the stimulation of bone spurring and arthritic changes, as well as the biomechanical dysfunction that can cause joint damage. The restoration of postural balance through Integrative Neurosomatic Therapy is key to removing the underlying cause contributing to these conditions. We have found that when a person’s posture becomes balanced, the pain associated with Sciatica is significantly relieved.

Pain, or other sensations, caused by Trigger Points in the muscles of the low back, hips and legs, can be mistaken for true Sciatica. This type of pain is not caused by compression of the Sciatic nerve or its roots but, instead, areas of high neurological activity within a muscle that create pain patterns identical to those of Sciatica. We call this kind of pain, Trigger Point referral and, while



we are discussing Sciatica here, can be present in any area of the body. In Travell and Simons' Myofascial Pain and Dysfunction, documented Trigger Point referral patterns stemming from the major muscle groups of the low back, hip and leg clearly illustrate the parallels to true Sciatica (2). One of the main reasons for the development of Trigger Points is postural imbalance and the stresses it creates in muscles. As with the forces that contribute to disc and stenosis, once the muscular Trigger Points are addressed with Integrative Neurosomatic Therapy and postural balance is restored, Trigger Point referral pain is alleviated.

Whether the low back and leg pain is the result of true Sciatica or the Trigger Point pain that mimics it, postural correction through the application of Integrative Neurosomatic Therapy provides a lasting solution with out painful, expensive surgery or the use of medications.

Call Today to let one of our expert therapists answer any questions you may have regarding Sciatica (727) 347-HEAL (4325) or email us at [info@stjohn-clarkptc.com](mailto:info@stjohn-clarkptc.com).

1. Gregory DS, Seto CK, Wortley GC, Shugart CM (October 2008). "[Acute lumbar disk pain: navigating evaluation and treatment choices](#)". *Am Fam Physician* **78** (7): 835–42. [PMID 18841731](#)
2. D. Simons, J. Travell, L. Simmons. *Myofascial Pain and Dysfunction; The Trigger Point Manual*. 2nd ed. Baltimore, MD: Williams & Wilkins, 1999.