

**The Ultimate
Sciatica Cheat Sheet**
**“How to Get Rid of
Sciatica WITHOUT Risky
Surgery, Painful Injections, or
Addicting Painkillers”**

*...Based on a 3 step system
that's helped thousands of
people in 180 countries*

Here's what to do RIGHT NOW!

1. Make sure to save the DATE and TIME in your phone or calendar so you remember to show up a few minutes before the presentation starts.
2. Have this workbook handy during the call so you can focus on the content you're going to learn.

See you on the call,

Dr. Guevara

How to know if you have disc herniation

Diagnosis

The most accurate way to diagnose a herniated disc is through an MRI study, however, there are certain movements, activities, and tests that can tell us you have a disc injury.

People with disc herniations are usually under _____ years of age.

Activities that INCREASE pain in the low back and shooting pain down the legs with a disc herniation:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Testing

In order to confirm if your sciatica is caused by a disc herniation in your low back, you need to do the following test. If you feel sharp, shooting pain down the leg while doing the test, you may have a disc herniation.



Exercise for Disc Herniation

A step-by-step video of the exercise below will be shown during the workshop so that you can see it performed correctly.

You'll be able to use this exercise immediately after you know what's causing your sciatica. Don't worry, I'll show you how to do this as well during the webinar.



How to know if you have spinal stenosis

Diagnosis

Spinal Stenosis is a degenerative disorder (wear-and-tear) and it is mostly seen in people over the age of _____.

Activities that INCREASE pain in the low back and shooting pain down the legs with spinal stenosis:

1. _____
2. _____
3. _____

Activities that DECREASE pain/sciatica with spinal stenosis:

1. _____
2. _____

Testing

If you feel an INCREASE in sciatica/low back pain when you move your low back into _____, then it is a good indication that you're suffering from spinal stenosis.

If you feel a DECREASE in sciatica/low back pain when you move your low back into _____, then it is a good indication that you're suffering from spinal stenosis.



Exercise for Spinal Stenosis

A step-by-step video of the exercise below will be shown during the workshop so that you can see it performed correctly.

You'll be able to use this exercise immediately after you know what's causing your sciatica. Don't worry, I'll show you how to do this as well during the webinar.



5 repetitions each leg (30 second hold)

How to know if you have SI Joint Dysfunction

Diagnosis

SI joint dysfunction can happen at any age, but one major difference between this condition and a disc herniation and spinal stenosis, is that the shooting pain down the leg DOES NOT go past the _____.

Activities that INCREASE pain in the low back and sciatica with SI Joint dysfunction are:

1. _____
2. _____
3. _____
4. _____

Testing

In order to confirm if your sciatica is caused by SI Joint Dysfunction, you need to do the following test. If you feel sharp, shooting pain down the leg while doing the test, you may have a problem in the SI joint.



Exercise for SI Joint Dysfunction

A step-by-step video of the exercise below will be shown during the workshop so that you can see it performed correctly.

You'll be able to use this exercise immediately after you know what's causing your sciatica. Don't worry, I'll show you how to do this as well during the webinar.

