

## **Frequently Asked Questions**

**Q: I feel sore after the exercises, is that normal?**

A: Yes it's normal. The exercises are causing a change in your body and this will cause some soreness.

**Q: Can disc herniations heal with exercises without the need for surgery?**

A: Absolutely! Around 90% of disc herniations can be healed without surgery. The key is to follow the exercises in the program consistently for best results.

**Q: How long will it be until I'm out of pain?**

A: It depends on many factors such as age, severity of injury, current state of health, etc. Most cases fully heal within 3 to 4 months but there are many cases that heal sooner.

**Q: Can I go to the gym while following this program?**

A: During Phase I and Phase II, it is NOT recommended that you do other exercises other than the ones recommended inside the program.

**Q: Do I need to continue exercising if I'm feeling ok?**

A: Yes! Pain is usually the first symptom to go away but that does not mean that you're completely healed. Follow through with the whole program and you'll have the best chances at preventing a relapse.

**Q: Do I have to do the exercises all at once?**

A: No. As you progress through Phase II and Phase III, the exercise volume will increase. To make it easier on you, feel free to break up the exercises throughout the day according to your schedule. You can do some in the morning and some in the evening.

**Q: What can I do if my sciatica flares up?**

A: If your sciatica flares up, decrease the amount of exercises you do. For example, if you're doing Phase I and Phase II exercises and you get a flare up, regress to just doing Phase I exercises for a week until your pain decreases.

