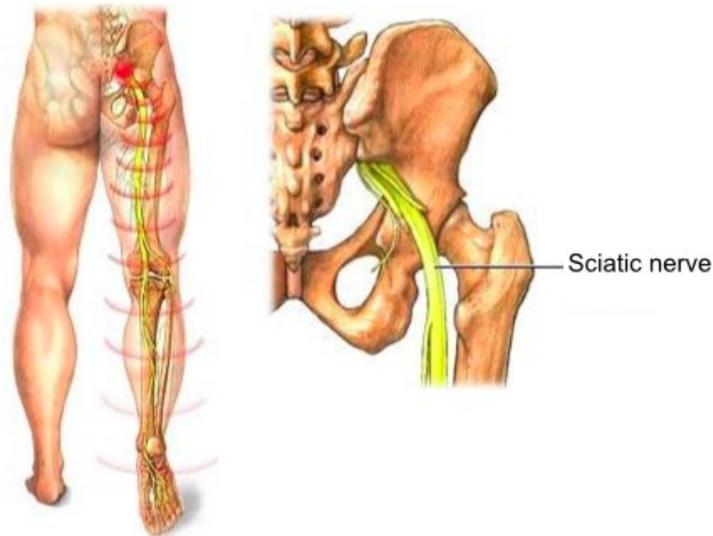


Sciatica

Sciatica is a condition where the sciatic nerve is being irritated or pinched by a herniated disc in the low back or by an inflamed muscle (Piriformis Syndrome). The symptoms with this condition are the following:

1. Weakness in the legs/feet
2. Sharp pain in the legs while walking
3. Numbness or tingling in the legs and feet
4. Sharp pain in the low back and glutes
5. Sharp pain that travels down the leg(s)
6. Sharp pain while sneezing or coughing



Solution

If the sciatica is caused by a herniated disc, you must perform exercises that move the disc away from the nerve and decompress the spine.

If the sciatica is caused by inflammation of the Piriformis muscle, you must stretch the muscle and bring down the inflammation.

Orthopedic Tests for Sciatica caused by a Disc Herniation

Lasegue's Test



Start on your back. Lift your head until your chin is touching your chest and raise one leg with your knee bent then straighten out the leg. Repeat with the other leg. If you feel shock-like pain that travels down the leg, you are showing symptoms of sciatica caused by a herniated disc.

Straight Leg Raiser



Start on your back. Keeping your right leg straight, lift it up as far as you can. Repeat with your left leg. If you feel shock-like pain traveling down the leg, you are showing symptoms of sciatica caused by a herniated disc.

Milgram's test



Start on your back. Keeping both legs together, lift them 5 inches off the floor and hold this position for 10 seconds. If you're having sharp pain that travels down the leg(s), you're showing symptoms of sciatica caused by a herniated disc.

Exercise Plan: Sciatica caused by Disc Herniation

If the sciatica is caused by a disc herniation, you must do exercises that move the herniated portion away from the sciatic nerve, strengthen the muscles in the low back, and decompress the spine.

I also recommend that you invest in a decompression vest, which is a specialized vest you can use at home that decompresses the spine and removes pressure off discs and nerves. Learn more about decompression vests by visiting this link DrJoseGuevara.com/inversion.

These are the prescribed exercises to treat sciatica caused by a lumbar herniated disc.

Exercises	Sets	Repetitions
Child's pose (9)	4	10
Knee to chest (10)	4	10
Knee to shoulder (16)	4	10
Lumbar extension (39)	4	10
Decompression (40)	4	10
Cliff hanger (41)	4	10
Hip bridge (4)	4	10

For pictures and descriptions of the exercises on this page, go to the *Exercise Guide* section of this book (Page 42). The numbers in parenthesis next to each exercise corresponds to the exercise number in the Exercise Guide.