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# Sciatica: Low Back Pain Relief Once And For All (Super Spine)



## **Synopsis**

Are you sick of suffering from sciatica? Pain from the sciatic nerve can make every day chores feel impossible, even simple things like driving can be difficult. You need to have a plan. Dealing with sciatica can be scary and it's hard to know what to do without making time to see a doctor, physical therapist, or chiropractor for advice. And even when you make the decision to get professional help, should you see a specialist or not? How many times have you wanted to try something but were scared, not knowing if it would help the pain or make things worse? Should you use ice, heat, or alternate between the two? Should you get a massage or will that make things worse? Don't waste any more time and energy dealing with sciatica without a plan. Don't wait for someone to come along with the magical cure or continue to rely on medications. You do not have to live with the pain. The truth is that you do not have to keep living this way. There are ways to get rid of the pain once and for all. In this book I will share what I have learned from over a decade of treating all types of patients with neck pain. Whether you are an office worker who sits at a desk all day, or you are retired and starting to experience arthritic pain from simple wear and tear over the years, this book will show you that there are things you can do to keep your back healthy and pain free. Hundreds of people just like you, who used the strategies in this book, are now living pain-free. They learned how to keep their backs strong and healthy and so can you. Learn what you can do at home. You will learn the exact strategies that I teach my patients each day, including things like when to use heat or cold, which stretches work best, how to calm a muscle spasm, how to set up your desk and workplace, and more. Take action and learn the specific you can start doing today to bring back the joy of pain-free life and get your back in better shape for the future.

## **Book Information**

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## Customer Reviews

In this book by Sean Sumners, the author gives readers/patients a clear cut description of what exactly Sciatica is, who gets it and how, and then most importantly, the steps you can take to avoid getting this condition, or: what to do if you have developed it and the exercises/therapy recommended for treatment. Before reading this book, I knew nothing about sciatica, least of all the causes and how millions are affected each year just by sitting all day long at a desk, which can later grow into arthritic problems. Other groups hit by this condition are runners, heavy-lifters, or people with diabetes. The author is an authority in the matter and as the lead therapist for back pain and spinal care at one of the leading facilities in the world, he shares with us his experience in how to handle this condition if it does occur. I personally do not suffer from sciatica but knowing people who do, I read this book for them and highly recommend that this is the book you need to read if you or anyone you care about is struggling with sciatica. There are several key reasons I recommend this book.

First of all, it doesn't read like a medical journal. The writing style and tone the author uses is very clear and medical terminology [there are a few but not many] are clearly explained by Sumners so readers can fully grasp what is being said without having any prior knowledge about the condition.

Sean explains about the anatomy of the spine and includes very clear diagrams that just expands on the reading experience.

Colourful diagrams to explain the anatomy of sciatica and the various disks that it is made up of;

The book is well-organized in a logical flow that starts off with explaining "What Sciatica is", the anatomy of sciatica, the symptoms of the condition, and how symptoms progress.

The author avoids long, drawn out explanations and keeps it simple. This is perfect for readers who just want to get to the "meat" of the material that tells them how to treat this if they have developed sciatica. Chapter 2 gets into the ways patients can relax the pain and therapy strategies are recommended, as well as the common

triggers to be aware of. I thought the advice on the medicine to use was particularly useful. Some people will find the section on Traction very interesting as a way to relieve the pain. Chapter three gets into cardio exercise for treating sciatica, and chapter four is about stretching for sciatica by doing such exercises as: single knee to chest, hamstring stretch, pectoralis stretch, and the lumbar rotation. Chapter 4 is my favourite because these stretches are great, even if you haven't developed sciatica but want to avoid getting it in the first place. The chapter ends with stretches to avoid as well, and each stretching activity comes with a pic to demonstrate. Chapter 5 focuses in on core strengthening exercises: abdominal crunches, supine marching, 4 point leg extension, and squats. I have personally performed these exercises and they make up a great combination of exercises for building up body strength without having to go to the gym. Finally we get into the body mechanics section that discusses sitting/standing/posture, and bending/lifting/turning. Basically the everyday body movements we normally don't think about. So what's the overall verdict on this book? The book is, in a nutshell, written with authority from an expert in the field that has helped thousands of people to recover from a condition that millions suffer from. I appreciated the easy-to-follow explanations and corresponding diagrams that added value and depth to the material. There are great exercises introduced to build up the lower back muscles as well as stretching activities to build into the therapy. This book is a definite good read and serves to function as an important source of material if you or anyone you know is suffering from sciatica.

The author of the book is a physical therapist and his goal is to provide real world solutions based on his clinical practice. This is a fairly short book which covers the basics. The eight exercises covered in the book are the exercises I received by going to a local physical therapist so have full confidence that this book follows the standard practice and the author knows what he is writing about. I only wish there were more exercises included in the book, I was looking to add something to the ones I was already doing. The book starts with basics definition sciatica, common causes, anatomy. The next chapter covers how to treat early symptoms from use to medications. The next chapter shows four stretching physical therapy exercises that help back pain. The book contains both photos and verbal explanation of each specific exercises so it is easy to follow along. The author also includes exercises that should be avoided by people with back problems. This is just as important as doing the good exercises. In addition to stretching exercises the book also has four core strengthening exercises. Ali Julia review

This book offers a great overview of what Sciatica is, a couple of the causes and symptoms, and the

different treatments available. The author's expertise and credentials are impeccable, and the book is written in a straight forward and accessible manner. The illustrations and pictures clearly demonstrate visually what the author is describing. No matter if you are just diagnosed or a chronic sufferer of Sciatica, you will find something useful in this book. I have a clearer understanding after reading this book, and have incorporated a few tips to help alleviate some of the pain.

This is a very thorough book that covers all aspects of sciatica and it's different presentations and treatment options. I recommend this book for anyone suffering from back pain, even if not diagnosed as sciatica. There is a lot of information on proper body mechanics and how to protect your back with every day activities

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