



Options for Sciatica Pain

Acupuncture – Improves circulation and enhances the body's own ability to deal with pain for sciatica without the side effects that often come with the use of pain medications and other prescription medications. Additionally in some cases, acupuncture for the sciatica has been shown to provide equal or better results than medication without side effects.

An average acupuncture session takes about one hour. Although it is common to see some immediate reduction in pain after the first session, it can take up to 4-5 sessions. At that time, we re-evaluate progress and develop a treatment plan designed for your needs. Because each individual's symptoms vary, please call us so we can discuss your specific needs.

Life Flow Energy Tai Yi® - can enable healing by working the physical, mental, emotional and spiritual levels. It allows you to discover your own healing abilities after Universal Life Force Energy has been precisely delivered. When stagnant energies are dissipated or removed, your health can be restored which can enhance your relaxed well-being. Specific treatments include: Spine, Bone Marrow, Central Spinal Fluids, Self-Esteem Purge, Walking Skeleton, Post Traumatic Stress Syndrome and Accident Syndrome Detoxification. After making an appointment with one of our therapists, they can help you decide which treatment is most appropriate for you. We recommend one or two treatments.

Neuro-Kinetics – calms the sciatic nerve by clearing the pathway of the nerve itself and eliminating any referred pain patterns. This is accomplished through self-care strategies, and enhanced with therapeutic clearing of the skeletal attachment points of your muscles.

The first treatment takes about 90 minutes to allow for clearing of the tissues and to go over the four main self-care strategies. A few additional treatments are usually needed to ensure the continued healing of the tissues and the expansion and refinement of your self-care techniques. Most individuals can manage this issue on their own with little additional help.

Therapeutic Massage – is a popular technique that can enhance general relaxation and provide an outlet for stress and relaxation for the neck. It can include an assortment of techniques that involve targeted manipulation of the body's soft tissue through coordinated pressure and movement. Benefits include:

- Reduced swelling
- Improved circulation
- Increased range of motion
- Relieves muscular tension

Yoga Therapy – opens a vast tool box of yoga methods and practices to alleviate pain, reduce stress and create balance for the sciatica. We use breathing practices, gentle movement and relaxation techniques to access areas of pain and separation.

A typical session would begin with a structural and breathing assessment and focus on learning techniques to realign balance and posture and reduce the overall effects of stress on the body, mind and breath. Three sessions are generally required so that patterns can begin to change. Benefits include:

- Release tension
- Lengthen the muscles
- Realigning the joints