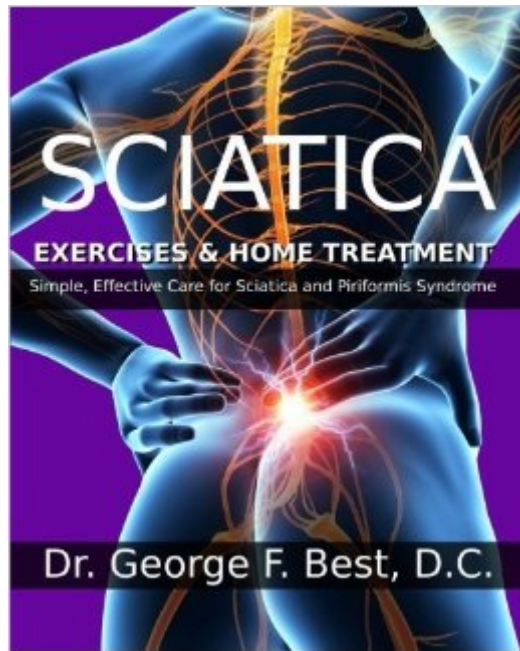


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# Sciatica Exercises & Home Treatment: Simple, Effective Care For Sciatica And Piriformis Syndrome



## Synopsis

Sciatica Exercises and Home Treatment provides simple, effective methods of self-treatment for sciatica and piriformis syndrome. Reader Comments About Sciatica Exercises and Home Treatment: "This book is excellent. It is easy to read, straight to the point, no fluff, just the stuff. Easy to understand, exercises to ease the pain. An excellent read." "Great book and very informative. An easy read and able to understand. If you have this kind of pain buy it!" "Great Author, Dr. George Best knows his stuff! The exercises have helped me and the book tells me all about a condition that affects a lot of people!" More About Sciatica Exercises and Home Treatment: The book begins with an explanation of the common causes of sciatica and piriformis syndrome and ways to tell what is causing your sciatica symptoms so you can treat them most effectively. The book has detailed instructions with illustrations on the most effective sciatica exercises and home treatments including advanced McKenzie exercises, stretching and massage for the piriformis and gluteus minimus muscles, acupressure for sciatica and back pain, a gentle pelvis repositioning technique used by some chiropractors, a method for releasing emotional pain triggers that can contribute to sciatica and back pain, a review of supplements and natural remedies to relieve sciatica, and a technique for easing sciatica and back pain while sitting. The book also reveals Dr. Best's exclusive "intensive care" protocol for getting lasting symptom relief as quickly as possible that has been used successfully by hundreds of sciatica sufferers worldwide. The book goes on to discuss techniques for managing the underlying causes of sciatica long-term to prevent a recurrence of the problem once symptoms have been alleviated. Finally, the book explains the warning signs that can accompany sciatica that indicate when you should seek out professional evaluation and treatment. While the book does reference the author's website as a source of additional information, it is not simply a "marketing piece" like so many Kindle books in the sciatica and back pain niche. This book goes into great detail and is fully illustrated with the critical things you need to know to successfully and safely treat sciatica and piriformis syndrome at home without any assistance or any special equipment.

## Book Information

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## Customer Reviews

This book is excellent. I am on my third bad sciatica attack in the past ten years. It helped me diagnose exactly what was causing my sciatica symptoms. It is a muscle rather than a spinal problem that is irritating the nerve. Most people assume that it is a spinal problem. I have been doing the exercises that it recommended for about a week and I am feeling so much better! I have read other books on sciatica but they never really offered a cure for the problem. I am confident that with a little more time my symptoms will disappear. I bought this book based on the reviews of others who bought the book and I am glad I did.

To make it brief, this book very quickly helped me to sort out the kind of sciatica I had through a few simple diagnostics, including body postures--if this hurts it's this, if not, likely this. It had a good discussion of how sciatica can originate, which helped me to quickly identify where my nerve pinch related sciatica came from. So I got some pretty immediate relief from knowing what my problem was, and how to change what I was doing (some crazy lifting and posture issues on my sofa!). Also warned me against hot compresses and to go for cold ones instead--I was on the wrong track so that set me straight. Not-so-good--if you look at the book cover, there it is, the one exercise (plus 2 minor variations, all on the floor) to help you get over the kind of sciatica I have. The sad thing is, one is supposed to do that exercise several times every hour, for an initial 3 days, and less thereafter. That just does not work at my office. I found some other effective stretches that I can do sitting up in a chair or on an airplane (where I spend way too much time) that brought me relief. I wish there had been more diversity in exercises. Bottom line--I got the relief I needed in a day or two with stretches, change in habits, abandoning my heat compress, and some anti-inflammatories. Three days later, and I'm back in business without drugs, and some habit changes exercises to do regularly to keep me out of trouble. Compared to what a lot of people suffer, I haven't had to go through much, because I jumped on this early and did not have the extreme problems others may.

But it put an end to my two weeks of agony. Was that worth the cost? HAELL yeah!

This book is excellent.! The home treatment and exercises immediately gave me relief from the pain and discomfort that I was experiencing. I love this book because it is easy to read, has good examples and information. The price is right and the recommendations are accurate. I have been using the book for about 3 weeks now and plan to continue with the instructions. I spoke with a physical therapist who said that all of the exercises that Dr. Best described would be the very same exercises I would pay to have done in physical therapy. Dr. Best stated that most MRIs show some disc degeneration in many individuals but that does not necessarily mean the problem is the disc and that as we age disc bulge or degeneration will occur. I had already seen my primary physician and he stated the same thing. Dr. Best also recommended non-pharmaceutical treatment such as Omega 3 fish oil tablets and Bromelain supplements for joint health which have worked excellently for me. I did not want to take any of the chemical agents such as Celebrex, Tylenol, Advil, etc. because I was concerned about their side effects. I feel one hundred percent better since following the advice in this book.

Just received the book on Kindle. I have read other information written by Dr. Best and his message is superb. At Thanksgiving last year, I was attacked by sciatica to such a degree that I had to walk bent from the waist. I went to my regular doctor, an orthopedic doctor, and a chiropractor and all they could offer were pain pills. In fact the chiropractor wouldn't consider treating me because I was in such pain. Dr. Best exercises and massages were just what I needed. Buy this book!

The best clearest most comprehensive book on Sciatic pain I have ever seen in one place. Illustrations are clear, instructions for use of heat or cold and what your symptoms may be indicating as well as the importance of becoming aware of your body mechanics that may be contributing to pain and dysfunction are all included. I liked his explanation of centralizing which in essence means if your painful symptoms are retracting farther up the leg toward the back then things are getting better. If movements and treatment makes pain extend farther down the leg then don't do it. Dr. Best has a great website with many good tips for a nominal yearly fee that includes personalized answers to your questions and yes he answers promptly. The feeling I have is that Dr. Best is truly interested in helping people help themselves. Having just had a miserable bout of muscle impingement sciatica myself what helped me the most was rest, aspirin, application of heat every couple of hours for 15 minutes and once before bed and once before I got out of bed in the morning. Morning was

the worst pain and heat first really helped. Sleeping with pillow under knees either on back or on side also gave relief. It took about 2 weeks before the spasms went away. Supportive shoes also seemed to help as did standing up and not sitting too long. I also had a great massage therapist who gently loosened my hips and massaged outer legs which also helped.

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