

Who Else Wants to Get Rid of The “Hot Poker” Pain of Sciatica Due to Herniated, Bulging and Degenerative Discs Without the Use of Drugs, Pills, Surgery or Chiropractic?

“Doc, it feels like someone is jabbing my leg with a hot poker,” is a common way that patients describe the pain associated with Sciatica. Or “It feels like someone is stabbing me over and over in the leg with an ice pick” is another one. Sciatica is a powerful word. The mere mention of it can send shudders through anyone who has suffered its burning, shooting pain.

What is Sciatica?

Sciatica is pain associated with the sciatic nerve which usually originates in the low back where the nerves come out of the spinal cord. There the nerves become compressed or damaged from narrowing of the vertebral column or from a slipped or herniated disc. Symptoms can include tingling, numbness, or pain, which radiates to the buttocks, legs and feet.

What Does Sciatica Feel Like?

- Sharp “hot poker” pains in the buttocks or leg
- Numbness, tingling or weakness legs/feet
- Shooting, electrical pain in buttocks or leg
- Lower back pain
- Herniated/bulging discs
- Numbness in the arms or legs
- Or variety of other symptoms

You might not be able to play golf, work, or even sit in the car for a 30-minute drive. It's almost impossible for anyone around you to understand how you feel. You can't remember the last time you even had a restful night's sleep. Fortunately, if you are suffering from any of these problems, they may be relieved or eliminated by non-surgical spinal decompression. More on Spinal Decompression in a minute....

What are My Treatment Options?

Your doctor may prescribe different therapies depending on the cause of sciatica. Often times stretching, ice and rest are enough to allow the pain and inflammation associated with sciatica to self resolve. However, if your sciatica pain has not resolved after a month you may need something more like new, non-surgical spinal decompression. Keep reading to find out more about this revolutionary new therapy.

What about Pills and Shots for Sciatica?

While pills and shots may temporarily reduce the pain associated with Sciatica they are certainly not without side effects. Unfortunately, those that took pain pills specifically for Sciatica improved less than 5% according to the American Society of Anesthesiologist, 2006 Chicago, IL. Even worse, pills can cause dependency and can be harmful to the liver, stomach and kidneys. Shots can reduce the inflammation around the nerve; however, have also been associated with decreased bone density, cataracts, elevated blood sugar and fractures. If you are experiencing the side effects of pills or the shots have worn off and the pain has returned then your doctor may recommend non-surgical, non-invasive spinal decompression.



How does Spinal Decompression help?

Non-Surgical Spinal Decompression slowly lengthens and decompresses the spine, creating negative pressures within the discs. This reversal of pressure creates a vacuum inside the discs that helps to reposition bulging discs and draw extruded disc material back into place, taking pressure off the Sciatic nerve. As opposed to masking the symptoms with pills and shots, spinal decompression can fix the problem by physically taking the pressure off of the nerves. When this occurs, the numbness, tingling and shooting pain subside.

What are the Treatments Like?

At the beginning of each session, you will be comfortably fitted with a harness designed to achieve optimal decompression of the low back. During a session of spinal decompression, you will notice a slow lengthening of your spine as your discs are gradually decompressed and relieved of pressure. The treatment process is safe and relaxing. While some patients with extensively injured discs have reported mild discomfort during the first few treatment sessions, their discomfort generally subsides upon subsequent visits. A patient safety switch provides an extra safety feature, allowing you to stop at any point should you feel discomfort. Each treatment session lasts approximately 12-25 minutes. Individual patient results may vary.

“I Want to See Research Showing the Effectiveness of Spinal Decompression”

More than a dozen research pieces have shown spinal decompression to be highly effective. A medical study presented at the American Academy of Pain Management in 2007 showed “Patients reported a mean 88.9% improvement in back pain and better function...with no patient requiring any invasive therapies (e.g. epidural injections, surgery).”

The *Journal of Neurological Research* April Issue Vol. 26 showed “76% achieved remission of pain” and that spinal decompression should be used on all patients before surgery is undertaken.

In the January 1998 Vol 5 issue of the *Canadian Journal of Clinical Medicine* they showed spinal decompression pain reduction was 77%.

This research shows you may be back on the golf course, back to playing with your grandkids, back to traveling, or just back to feeling excited about life again sooner than you think!!

All this Research Looks Amazing, But Will the Results Last?

According to the March issue of *Anesthesiology News* Vol. 29, No.3 not only was there an 86% reduction in pain even 4 years later but 50% of patients had a pain level of zero and 91% of patients had resumed normal activities.

What are the Side Effects of Spinal Decompression?

Most patients do not experience any major side effects. The most common side effect is a dull, achy soreness for the first week or two as the body becomes accustomed to being stretched and decompressed often described as, “it feels like I just worked out for the first time in a long time.” This will usually subside after a week or two of treatments. Regardless of the mild soreness experienced in the first week or two, most patients experience 50% relief or more of their pain around the end of the second week.

Spinal Decompression can be Bitter Sweet

Ron W. said his spinal decompression treatments were bitter sweet. “Now that my back pain went from a 9 out of 10 down to a 1, my wife made me clean out the garage that I had been putting off over the last couple of years.”

“You Better Take Care of It”

A dull pain or numbness in the buttock, leg, or foot is often the first indication of sciatica. “That’s the body’s way of saying you better take care of it, or something worse might happen,” adds Tim Mick, DC, an associate professor and chair of the Department of Radiology at Northwestern Health Sciences University. “Untreated, sciatica can lead to a loss of muscle strength and muscle size that may be irreversible. Eventually, there can be problems with gait (the way that you walk).”

(Chiropractic researchers take aim at Sciatica. *Journal of the American Chiropractic Association*, Mar 2001)

No Dangerous Drugs, No Invasive Procedures, and No Painful Exercises.

**Life's too short to live in pain like this.
Put down those pills and start living again
By Calling Dr. Alex Jimenez Today!**

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