

## Today's Focus: **SCIATICA (LOWER BACK PAIN)**

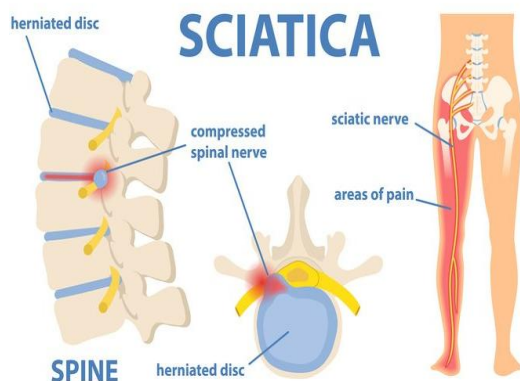
**Sciatica** (often also referred to as **Sciatic Nerve Pain** or **Lower Back Pain**) is one of the most frequent problems we treat. It is a persistent and very painful condition. If untreated, it can leave an individual temporarily unable to work, function normally or even move. In extreme cases it can lead to a permanent disability.

Thankfully, based on our experience, Traditional Chinese Medicine is very successful in treating this problem and our treatments often lead to a full recovery. Our treatments are also effective in preventing Sciatica from occurring.

### What is Sciatica?

Sciatica is a condition affecting lower part of the spine. It is associated with a pain that radiates along the path of one of sciatic nerves, which run on each side of the lower back through the hips and buttocks down to the legs. Common symptoms include severe pain in the bottom and the back of the legs. Typically the condition affects only one side of the body.

The cause of this condition is a **disc inflammation** between lower back vertebrae. The herniated disc expands and rubs or presses on the sciatic nerve, causing acute pain.



### How can Traditional Chinese Medicine help?

**We have an excellent track record in treating Sciatica.** Treatment combining acupuncture, herbal medicine and specialised massage not only relieves the pain but is also very effective in healing the disc inflammation, which is at the origin of the problem.

Treatment typically lasts a few weeks, depending on the severity of the problem. Our customers usually experience a significant improvement of their symptoms from the first treatment session and most (if not all) achieve a full recovery.

### What can I do to prevent Sciatica?

As the condition is often lifestyle related, it may have a tendency of coming back.

People at risk of developing this problem, especially those who have already experienced a disc inflammation, will greatly benefit from our **treatments designed to prevent Sciatica** from occurring or recurring.

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Some lifestyle changes such as moving more, more ergonomic working set-up or losing weight can also help in reducing the risk of this condition.

### **Who is most likely to suffer from Sciatica?**

- People who lead a sedentary lifestyle or regularly spend several hours a day sitting at a desk (office workers);
- Drivers (especially professional drivers who regularly spend many hours behind the wheel);
- People lifting heavy weights (construction workers, manual workers);
- People practicing certain sports;
- Traumatic injuries such as car accidents, work accidents or sports injuries can also cause or contribute to this problem.

### **What are conventional methods of treating Sciatica?**

Conventional medicine offers very limited solutions. Conventional treatments are predominantly focused on pain management and include

exercise, stretches and painkillers. In more extreme cases patients may have their inflamed disc surgically removed.

Based on our customers' feedback, physiotherapy and painkillers tend to provide limited and temporary benefits. Surgical disc removal, which is irreversible, can lead to other very serious, permanent health problems.

### **Worth considering**

Sciatica is often caused by or exacerbated by the type of work performed by the individual. It is indeed one of the most common occupational diseases. Employers may wish to consider including Traditional Chinese Medicine treatments as part of their occupational health and wellbeing services provision.

### **Most private health insurance plans cover our treatments for Sciatica.**

This is usually subject to a GP referral – based on our experience most GPs are happy to refer patients for such treatment upon request.