



# AMERICAN FAMILY CHIROPRACTIC

310 Penn Street, Suite 203, Hollidaysburg, PA 16648

814.695.5699  
amerifamchiro.com

**DR. WENDY PEHONSKY**  
DOCTOR OF CHIROPRACTIC

## Dr. Wendy Speaks About... *Sciatica*

### *Sciatica*

The sciatic nerves are the largest and longest in the body, about the size of your thumb in diameter, and extending from the lower back to the tips of your toes. When these nerves are irritated or affected by the inflammation of nearby soft tissues, doctors refer to it as sciatica.

There are two sciatic nerves formed by four or five smaller nerves branching out from each side of the spinal cord and running down the back of each leg. One of the most common causes of sciatic leg pain stems from the Vertebral Subluxation Complex which starts with improper motion or position of spinal bones. This can be accompanied by the bulging or herniation of the soft pulpy discs which separate each spinal bone and can irritate or put pressure on the sciatic nerve roots as they leave the spinal cord. The result can cause a myriad of symptoms including intense pain shooting down either or both legs.

In the past, treatment has involved pain medications, muscle relaxers, physical therapy and even surgery. The chiropractic approach is to use carefully directed and controlled pressure to remove the interference from spinal structures. These chiropractic adjustments can be quite effective in reducing nerve irritation and its associated pain.

Sciatica, like other health problems that can be traced to the spine, often responds dramatically to the restoration of normal spinal function through chiropractic care.

### *The Extensive Impact of the Sciatic Nerve*

The sciatic nerve is formed from four or five nerve roots that branch from the right and left side of the spinal cord in the lower back and tailbone area, and then join together and run down the back of each thigh and lower leg, all the way down to the toes.

Pain is caused when the sciatic nerve roots are irritated, scraped, twisted, stretched or pinched as they exit the spine. Causes of the impairment may be chemical, physical or the emotional stress of everyday living. A full-blown sciatic flare-up can involve the entire sciatic nerve path resulting in symptoms of lower back pain, burning, cramping or numbness that radiates into the thighs, legs, feet, ankles and toes. Pain may also be limited to various points along the nerve, such as the buttocks, knee area and calf.

Your chiropractor can remove the nerve interference that is resulting in your pain and discomfort. Call today to make an appointment. Learn how chiropractic treatment can benefit you when you are sick, hurt and even when you are well.

### **SYMPTOMS**

- Pain in the buttocks and/or leg that becomes worse when sitting.
- Burning or tingling down the leg.
- Weakness, numbness or difficulty moving the leg or foot.
- A constant pain on one side of the buttocks.
- A shooting pain that makes it difficult to stand up.

### **TIPS**

- Lift with your back straight, bringing yourself up with your hips and legs; hold the object close to your body.
- Strengthen your back and abdomen muscles to better support your spine.
- Use good posture to relieve pressure on your lower back.
- Avoid sitting for long periods of time.
- Take the time to make sure your workstation is ergonomically.



**AMERICAN FAMILY**  
CHIROPRACTIC

814.695.5699

310 Penn Street, Suite 203  
Hollidaysburg, PA 16648

expires: \_\_\_\_\_

## COMPLIMENTARY CONSULTATION

### EFFECTIVELY TREATING:

- Arthritis
- Auto Accidents
- Back Pain
- Carpal Tunnel
- Chronic Fatigue
- Chronic Pain



- Fibromyalgia
- Headaches
- Neck Pain
- TMJ
- Sports Injuries
- Work Injuries