



Back pain and sciatica

Conventional medicine has very little to offer most back pain sufferers. Surgery may be useful for a herniated disc, but does not help other types of back pain, which are usually caused by soft tissue damage – strained ligaments and muscles.

Acupressure

Pressure on any of the three spots can produce dramatic relief.

Symptoms

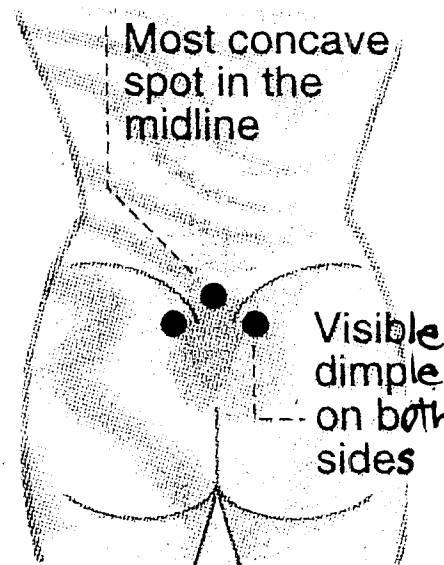
- Pain in the hip and/or down the leg along the sciatic nerve.
- Pain may be sharp or an aching feeling.
- If coughing and sneezing aggravate the pain and the pain is mainly on forward bending, it may indicate a herniated disc – the toughest type of pain to deal with.

Causes

- Most commonly:
- Poor posture.
 - Careless lifting – should lift with knees, not back.

What helps

- Acute pain may be helped by bed rest and a painkiller (e.g. ibuprofen).
- Gentle exercises: If forward bending hurts, try arching back. If arching hurts, do more sitting up exercises.
- Chronic pain is more likely to benefit from chiropractic treatment or acupuncture.



Technique:

1. Locate points visually
2. Press with the thumb for 5 minutes to provide a deep massage.
3. Can be done by the patient, but less effective