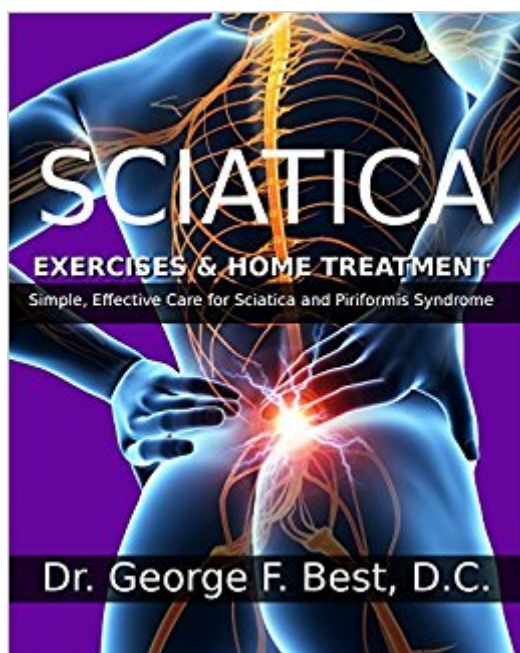


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# Sciatica Exercises & Home Treatment: Simple, Effective Care For Sciatica And Piriformis Syndrome



## Synopsis

Sciatica Exercises and Home Treatment Provides Easy to Use 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 find the most effective means of treating your particular problems. The information provided isn't just a "one-size-fits-all" set of tips that an individual came up with that helped with his or her individual case of sciatica, but a variety of time-tested methods of treatment from a professional with over 20 years of clinical experience working with hundreds of different cases. Detailed instructions are provided 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, acupuncture 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. If you've been suffering with the symptoms of sciatica and have been looking for ways to help yourself, get Sciatica Exercises and Home Treatment today!

## 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.

Mixed review. The book is not easy to read if you are not in the medical field. It provides a couple quick tests for self-diagnosis, and a couple stretches that are really helpful. But you have to take a hit-or-miss approach to building a therapy program that works. It is cheaper than physical therapy, and in the end, following the recommendations helped to relieve my pain.

This book is Godsend. I had shooting pain on the upper part of my leg going down to my calf and it

is hard for me sometimes just to sit, bend or twist my body went to my doctor and told me to have an MRI and the result was some degenerative disc and he recommended physical therapy however before I could be seen in a week I decided to google search what is causing the pain and found out it could be nerve compression or sciatica so I ordered this book and give it a try and mama mia I followed what the book recommended and my pain was alleviated, just make sure when you do the exercise you should feel that the pain goes up your leg to the buttocks and that how my pain was mitigated, follow the frequency that the book recommends.

Good instruction on diagnosis and relief exercises. Author keeps it to the point and does not make a mountain out of a molehill. There are sound exercises, clearly explained. Should be of interest to all who suffer from sciatica pain.

I have been plagued with sciatica after a severe fall after iliac crest paralysis after a routine bone graft procedure. , and resulting in complete lumbar fusion after 4 years of docs telling me nothing was wrong. Telling me I was in good shape and to just go home and learn to live with it. 9 docs no one did a mri Sending me to pt and getting worse with every passing year. I was in a wheel chair towards the end . It has been 3 years since the surgery but i have weakness on the left side I have severe pain, BUT it is muscular in nature. . . I exercise regularly, (always did) and still am dealing with this on a nearly daily basis I am an ex- dancer, and remain active as best i can with this.. .I feel the stretches though familiar to me from many doctor visits were helpful in one respect. They are done with much more frequency than the typical prescription. I found this VERY helpful to get my pain under some control. I started the laser acupuncture BUT after reading about laser acupuncture I am NOT sure if the laser recommend WORKS. To the contrary after research. I hope Dr. Best does leave a comment and tell me why the simple laser works when my research said otherwise. I dont want to waste my time on something that will not provide results. I would recommend this book to a sciatica sufferer .

Not much solutions provided for sciatica due to nerve compression. Most of the content is related to sciatica due to muscle contraction. The free version already has all the info in the paid version.

Rarely do I give 5 stars to anything as there is always room for improvement for anything so this item has earned its 5 stars! I am bedridden and in pain all the time after being crushed 18 years ago. My hips and back are becoming progressively more painful and I am always looking for a

solution for relief. I bought one for my husband for his sciatica and he says it works well. So, I swiped his before purchasing one for myself to test it on my pain. After 15 minutes my hip and lower back felt 98% better. This is the that I ordered for myself so me and hubby don't have to share. I definitely recommend it.

Just bought this to help with my sciatica, after viewing various self-help videos on YouTube, seeing my family MD, and even considering buying expensive video from sciaticainstitute--a promoter--"you will not pay \$169, or even \$149, or even blah, blah, if you order now, pay just \$77"--the typical buy now urgency pitch of a scam artist. This book explains without hype, and the exercises help. And he clarifies the misinformation which some of the YouTube videos provided. Try it. I am happy I found this. Hope to get back to normal soon, without spending a fortune on dubious alternatives.

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