

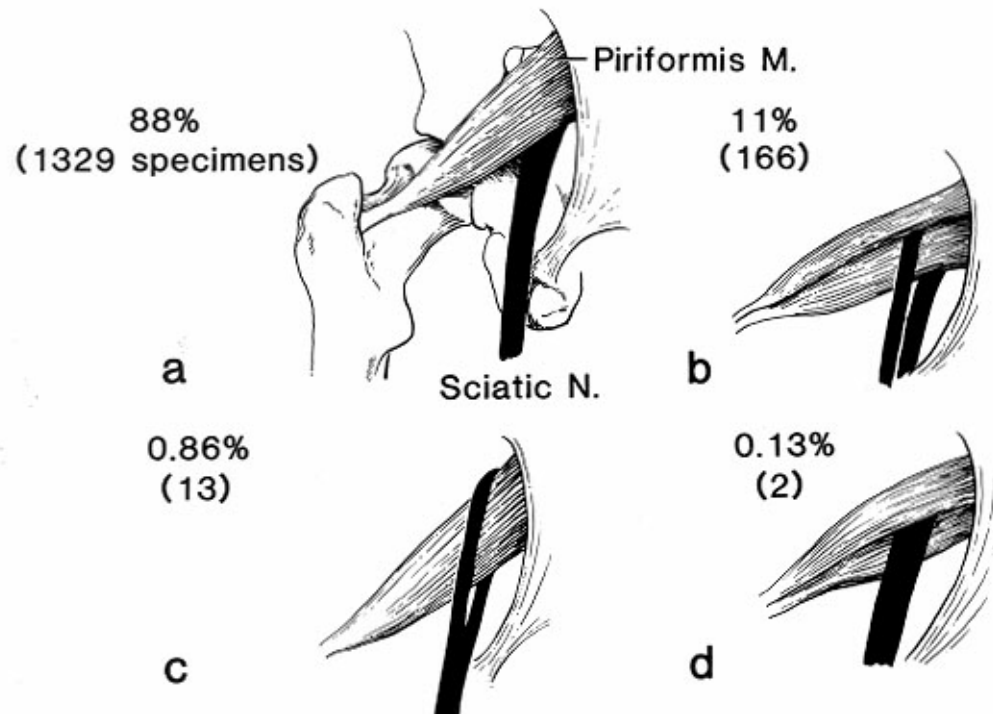
#### 4 Conditions Cause Sciatica... Which is Causing Your Pain?

Sciatic pain is simply caused by pressure being placed on the sciatic nerve and there are primarily four things that can create this... you may have one or more of the following conditions:

##### Condition #1 - Piriformis Syndrome

This is the most common cause of sciatic pain and is created when pressure is placed on the sciatic nerve by the piriformis muscle. Muscle imbalances pull the hip joints and pelvis out of place and this change of position typically shortens and tightens the piriformis muscle, which then places pressure on the sciatic nerve.

#### Relation of Sciatic Nerve to Piriformis Muscle In 1510 Extremities Studied



Here's a illustration of a study done on over 1500 people who were suffering from sciatic pain...

As you can see in example A, the sciatic nerve runs under the piriformis muscle the majority of the time... however, it occasionally will run thru or around the piriformis muscle as shown in the other examples. Whatever the case, muscle imbalances will cause major problems and are the underlying cause of piriformis syndrome.

#### What The Heck Is a Muscle Imbalance Anyway?

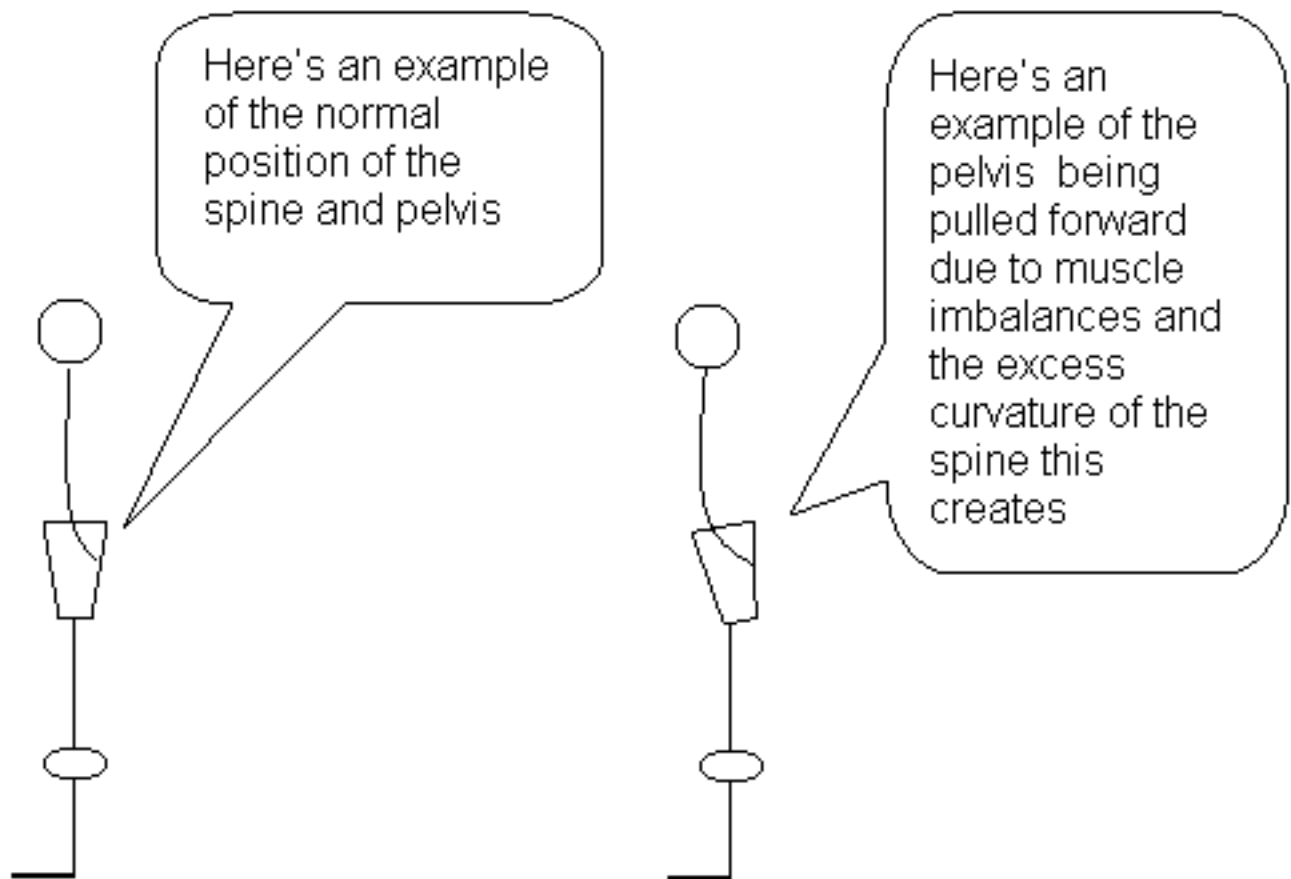
muscle imbalances cause back pain. When a muscle overpowers the opposing muscle, you have a muscle imbalance... Think Tug-of-War...

When your muscles are out of balance they pull your bones and joints out of their normal position and this places your muscles, bones and joints under constant stress and uneven pressure...

For example, the position and curvature of your spine is determined by numerous muscles and whether they are balanced or not... There are over 640 muscles in the human body! Nearly every muscle in the body affects your spine and if just one of these muscles are out of balance you're in trouble...

### **Here's An Example Of Excessive Curvature In The Lower Spine Due To Muscle Imbalances...**

This is just one of the many problems that can be created by undetected and untreated muscle imbalances...



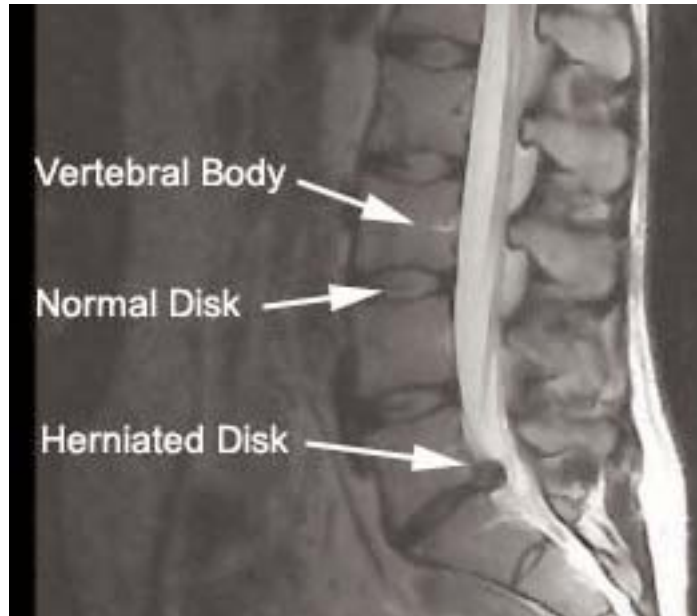
### **What Your Body and a Automobile Have in Common...**

back pain is like your car breaking down. So what the heck does this have to do with getting rid of sciatica? Here's a quick analogy that will show you how much alike the human body and an automobile are...

What happens when you drive your car with unbalanced tires or your steering out of alignment? Your tires will wear down unevenly and quicker than normal... and eventually you'll have a blowout... the same is true for your body!

It's critical for you to understand that your body alignment and mechanics are affected by your muscles and even the smallest muscle imbalance can, overtime, place tremendous amounts of uneven pressure and wear and tear on your body, especially the spine and it's supporting muscles.

## Condition #2 - Herniated Discs



Sciatica can also be caused by pressure on the nerve due to a herniated or bulging disc. A herniation is when a disc protrudes out from between the vertebrae and this can either be caused by an event like a car accident, or by months or years of uneven pressure due to muscle imbalances.

### **Here's An Example of a Herniated Disc...**

Take a quick look at this MRI image... You should see the disc bulging out towards the right and pressing on the nerve...

This is the type of damage muscles imbalances can create when they are not addressed!

And, unfortunately, no amount of ultrasound, electrical stimulation, medications, cortisone injections, general exercises or chiropractic adjustments can correct the muscles imbalances that have created your back pain or sciatica...

Herniated discs are probably one of the most common diagnosis for sciatica out there and this diagnosis is often used when a doctor can't find an explanation for the person's pain... similar to a doctor explaining away various aches and pains as arthritis.

Plus, research has shown that in many cases, people live with herniated discs yet never have any back pain or symptoms. The point is, if you've been diagnosed with a herniated or bulging disc, it may not be what's really causing your back pain! Even if you've had x-rays and MRI's done that show a herniated disc, chances are still very good that it's not the problem...

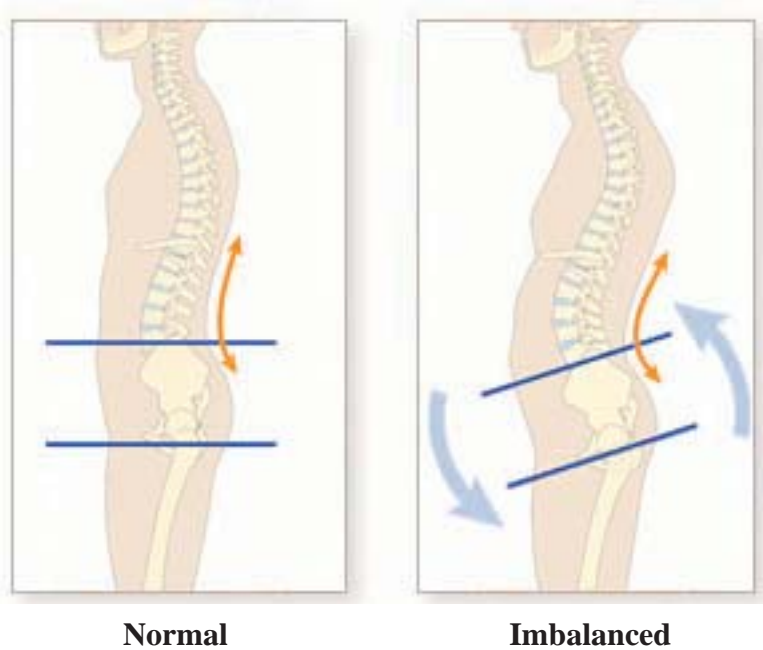
The problem is, even if you were diagnosed with a herniated disc, you have to understand that if you don't address what caused the disc to herniate in the first place, you'll likely struggle with back pain or sciatica for years.

## Nearly Every Herniated Disc Is The Result Of Muscle Imbalances!

Here's a close up so you can see what happens to the spine when it's being pulled out of place...

When your muscles pull your spine out of alignment, the uneven pressure and compression on your vertebrae wear down your discs much faster than normal...

And it's very important to note that your discs are NOT designed to be subjected to this constant, uneven stress and that's why sooner or later they will begin to bulge or herniate...



**Normal**

**Imbalanced**

### Condition #3 - Spinal Stenosis

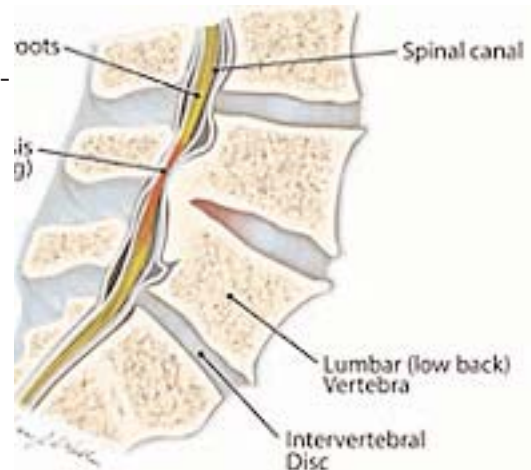
Sciatica can also be caused by pressure on the nerve due to a narrowing of the spinal canal. There are several possible conditions that lead to spinal stenosis:

**Aging**—With age, the body's ligaments (tough connective tissues between the bones in the spine) can thicken. Spurs (small growths) may develop on the bones and into the spinal canal. The facet joints (flat surfaces on each vertebra that form the spinal column) also may begin to thicken.

**Trauma**—Accidents and injuries may either dislocate the spine and the spinal canal or cause burst fractures that produce fragments of bone that penetrate the canal.

**Heredity**—If the spinal canal is too small at birth, symptoms of spinal stenosis may show up in a relatively young person. Structural deformities of the involved vertebrae can cause narrowing of the spinal canal.

**Fluorosis**—Fluorosis is an excessive level of fluoride in the body. It may result from chronic inhalation of industrial dusts or gases contaminated with fluorides, prolonged ingestion of water containing large amounts of fluorides, or accidental ingestion of fluoride-containing insecticides. The condition may lead to calcified spinal ligaments or softened bones and to degenera-



tive conditions like spinal stenosis.

The most important thing you can do if you are certain you have spinal stenosis is to ensure that you maintain as close to normal curvature in the spine. The more your spine is pulled out of place the tighter the space gets in the spinal canal...Identifying and addressing muscle imbalances is crucial!

#### **Condition #4 - Isthmic Spondylolisthesis**



Sciatica can also be caused by Isthmic spondylolisthesis, yet is much less common. Spondylolisthesis occurs when one vertebrae slips forward and places pressure on the adjacent vertebrae. This condition will produce both a gradual deterioration of the vertebrae in the lower spine and can also cause a narrowing of the spinal canal.

If abnormal motion allows this vertebrae to move back and forth nerves in the spinal canal may be affected causing pain, numbness, tingling or weakness in the legs. Many individuals who have this condition may not have symptoms while others may experience long term back pain and or sciatica.

Spondylolisthesis is most common in the lower spine. The most common cause is degenerative disease (like arthritis) and the slip usually occurs between the fourth and fifth lumbar vertebrae where there is the most curvature in the spine. Muscle imbalances play a major role in two ways:

1. Degenerative diseases like arthritis are much more common in areas of the body where there is uneven pressure and wear and tear.
2. Muscle imbalances increase the amount of curvature in the lower spine making this condition much more likely to come about.

Other causes of spondylolisthesis include stress fractures (which are often caused by repetitive hyper-extension of the back, commonly seen in gymnasts), and traumatic fractures.

Spondylolisthesis may also occasionally be associated with bone diseases. As with the other three conditions, muscle imbalances have a lot to do with spondylolisthesis.

#### **The Secret To Getting Lasting Relief Is...**

In order to get long-term relief from back pain you have to start at the beginning, and that's with the muscle imbalances. This means you have to identify the muscle imbalances that you have and then work towards correcting and improving them.

While this may sound complicated, the good news is it isn't! Just by reading this advisory you

should now have an understanding of how back pain develops and because of this your recovery will be much easier and faster than most other back pain sufferers.

So how do you do find out which muscle imbalances you have?

Use This Simple 3 Step Formula To Eliminate Your Sciatica...

### **Identify the Cause**

The first thing you need to do is identify the dysfunctions you have and the muscle imbalances that have created it. We have found that there are four primary dysfunctions that are either directly responsible for, or contribute to, nearly every single case of back pain or sciatica.

### **Treat the Symptoms**

You can't correct the problem if your pain is so severe you can't move. So in this step you'll implement various strategies to help reduce and manage your pain so you can focus on correcting the dysfunction(s) that are responsible for your pain.

### **Treat the Cause and Condition**

Remember, pain is just a warning signal from your body telling you that you need to fix a problem.

So in this step you work on treating the cause, which is the dysfunctions and the muscle imbalances that created it and also implementing additional treatments and strategies that are specific to the condition you may have been diagnosed with.

Beginning any treatment plan without first identifying all of the muscle imbalances is a recipe for failure and frustration. And unfortunately, that's what typically happens in today's medical community.

### **What About Those Generic Back Pain Exercises They Gave You?**

You know the stretches I'm talking about, they look something like this... They are on that sheet of paper you get when you go see a doctor, chiropractor or physical therapist. It's the same sheet they give every single patient who comes into their office with back pain or sciatic pain... It's NO Surprise These Exercises Don't Work...

Let me ask you this, how can those generic exercises and stretches be right for everyone? More importantly, how can they be right for you and your specific situation?

While the solution to back pain does involve exercise, the generic back pain exercises and stretches that nearly every healthcare professional gives out, won't work most of the time because the exercises and stretches may or may not be the ones that YOU need to be doing!

In order for exercises and stretches to be effective, and deliver long-term pain relief, they must be targeted and specific to your imbalances, dysfunction and condition...

No one cares about your back and health as much as you do and therefore, you need to take charge.