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## Sciatica ... 3 things you must know

Do you suffer from Sciatica? Are you one of the many right now who are reading this while pain travels from your back and down your leg? Would you like to get up now and move to just ease your sciatica?

We'll join the club...

Sciatica is increasing in the population. Back pain affects over 80% of adults. More than 50% of you reading this have back pain right now.

So why are the statistics so high? Is it because you have too many falls or injuries? Are there more road accidents? Is there more congenital abnormalities?

Or is it high because so many of you do not know how to remove your back pain or sciatica permanently. It therefore keeps coming back to haunt you yet again. What can you do and what should you do to make sure you get rid of your sciatica once and for all?

There are 3 essential facts you need to know, and one bombshell you didn't know...

### Sciatica Fact #1

You need to know what to stretch first or your sciatica will return. Fail to correct the right muscles and pain will either stay or return again soon. So which muscles should you target for your sciatica?

The main muscle is your Piriformis. The sciatic nerve runs either through this muscle or next to it. Therefore if it tightens sciatica and back pain occur. The second most important muscles are, yes all of these are equally important...

The Hamstring, the Gluteals, the Hip Flexors and the lower back muscles (Erector Spinae).

### Sciatica Fact #2

Knowing what to stretch is important, knowing how to stretch is essential. If you use a standard stretch which takes 30 seconds or more to stretch, then you are wasting time and not helping the muscle much at all. These types of stretches are good if you have never stretched before, but they are too slow at changing the muscle tension.

The best type of stretch is using PNF. This is a stretch that takes only 6 seconds to do, you repeat it 3 times so it takes less than 20 seconds to stretch a muscle.

### Sciatica Fact #3

Knowing what is important, knowing how is essential and knowing when is imperative. If you stretch a muscle and then use it, the value of the stretch disappears.

You need to stretch 3 times. Once to release tension on the muscle, and 2 other times to reinforce this. However, you need to stretch the muscle and then rest it for a few hours, so the best time to stretch is just prior to bed. Then again when you wake in the morning and then once again at the end of your working day.

Do this and your muscle tension will decrease rapidly. Stretch and then use the muscle and then you will find it will tighten again almost immediately.

### Sciatica Bombshell

Stretching alone will never remove sciatica permanently! You need to rebalance the pelvis, re-align the spine and rebalance the muscles. Stretching is only 50% of rebalancing muscles. You also need to strengthen the muscles that are weakened also.

If you only stretch the muscles above, sure your sciatica may ease and even disappear. But it will return, and each time it comes back it is harder and harder to ease and settle. So remove your sciatica once and for all ...re-balance your pelvis, spine and muscles for complete and permanent sciatica relief.

Dr Graeme Teague is an expert in the structural field, and has been in practice since 1991. His newly launched web site The Back Pain Advisor - <http://www.back-pain-advisor.com> - strives to give you valuable and expert advice, tips and information on your back pain issues.

For more information on Sciatica issues just visit [Sciatica](http://www.back-pain-advisor.com/sciatica.html) - <http://www.back-pain-advisor.com/sciatica.html>

For expert advice, tips and techniques to eliminate back pain visit <http://www.back-pain-advisor.com/back-pain-advice.html>

David Lind

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