

# **7 GREAT TIPS TO EASE SCIATICA**

**WITHOUT PAINKILLERS, INJECTIONS,  
OR SEEING YOUR PHYSICIAN**

**Plus – Special BONUS Content**

 **achieva  
rehabilitation**

# About the Author: Joel J. Digris, PT



Joel J. Digris received his Master of Science degree in Physical Therapy from Arcadia University in 1997. Joel was born and raised in Schuylkill County, and is blessed with a beautiful wife and four beautiful daughters. As a physical therapist, Joel works with people to help them regain the joy in life that is missing due to pain, weakness, dizziness, falls. As a business owner, Joel has an immeasurable desire to excel in serving the community and the patients of [Achieva Rehab](#).

Thank you for reading our report. I sincerely hope this is a good start to bringing back the joy into your life. Developing trust with your healthcare team is important. Because of this, I want to continue to send you information that we feel can guide you to improved function as you go forward and how a qualified physical therapist can help fast track that process. Please never hesitate to contact me...I am on duty 24/7.

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**INTRODUCTION:** “In this special report” on actually easing sciatica, I share with you very powerful principles and strategies that you can make work for you – some over time and others almost instantly.

They’re in no particular order, and they all have only one thing in common: **They all work.**

There’s a great saying that goes: “**How do you eat an elephant? One small bite at a time**”. **Living with life altering back pain is a big challenge...break it down into small ideas and tips.** And it’s often the simplest advice that wins in the end.

Truth is, without knowing your history in detail, I cannot tell you which of these will work best for you. And even if I did know the problems you are having with pain, there are no guarantees that any one single strategy will work. But over the last 15+ years, I’ve been able to narrow down what really does and doesn’t work when it comes to sciatica.

And the principles you’re about to read are included in that.

What’s more, this report shows you how to actually fight back against your sciatica— for no cost what so ever, other than that of your time. And that’s what most people who request this report are shocked to discover... that there IS a way to gain life altering education without needing a referral from a doctor or speaking one word to your insurance company.

**So here’s my challenge to you...** now that you have this knowledge in your hands, take time every day to try out at least one of these 100% natural strategies. It really won’t take long and most of them won’t cost you anything but a few minutes of your time. I think you’ll be pleasantly surprised by how much better and healthier you will feel for doing so.

**Important notice :** combine ALL of the “tips” in this Special Report simultaneously and you will likely see a great improvement in your mobility, your pain, and ultimately, the realization that getting back to **enjoying life IS POSSIBLE again!!**

## SCIATICA



### BACK BRACE AND REST?? WE WOULD SAY “NO”!!

Our **main goal** with this FREE content is to provide you a **wealth of knowledge that you can use immediately** to help you manage your sciatica and help you get back to the activities that you are missing because **pain has paused your life.**

**Section One** talks about a few myths that prevent people from taking the correct path to relief. Page 5

**Section Two** talks about things that are not recommended for significant improvement in your sciatica. Page 6

**Section Three** gives a few things that you can do right away or very soon to help you manage your pain. Pages 7 to 8

Every great journey starts with **ONE SMALL STEP**. We hope to be there with you as you continue to work toward the best solution for your problem. We hope this is the first step to getting you back to the activities that you are missing.

Low back pain and sciatica are common. At some point in their lives, 80% to 90% of the adult population will experience sciatica.

Unfortunately, studies show that many people with low back pain / sciatica don't get treatment that aligns with best evidence-based practices.



## Here are 5 common myths associated with sciatica:

**Myth 1: Spinal manipulation (cracking or popping the joints in the spine) is the best method for treating sciatica.**

A study showed that exercise was proven to be more effective than manipulation (only 10% required manipulation).

**Myth 2: Ultrasound and electrical stimulation are proven to aid recovery from low sciatica.**

These types of passive treatments provide no long-term benefit, do not treat the underlying problem, and do not accelerate healing time.

**Myth 3: Sciatica is caused by inflammation.**

Inflammation does occur in certain conditions, and may be present when sciatica is acute; however, the majority of sciatica pain is mechanical and can respond positively to mechanical treatments (e.g., stretching, prescribed exercise, aerobic exercise, stabilization, posture education).

**Myth 4: Sciatica is caused by arthritis.**

While studies show that arthritis is present in over 90% of those between the ages 50-55, only 10% experience arthritis-related pain. [Arthritis](#) is associated with aging, but not always associated with pain.

**Myth 5: You should rest and avoid or stop activity if you are experiencing sciatica.**

It is recommended to exercise and get active and mobile as soon as possible. Resting can actually make your pain much worse.



## Now That We've Cleared Some of Those Things Up...

Here Are Some Things That Are **Rarely Recommended** for Pain Relief:

### Opioids

The Centers for Disease Control and Prevention guidelines recommend opioids for chronic pain only after lower risk treatments have been tried, and then only when dosed appropriately and combined with nonopioid treatments.

### Heat

Some patients feel short-term relief, but there is limited evidence to suggest **significant long-term benefits**. This should be **combined** with recommended treatments.

### Spinal injections

Injections do not appear to provide long-term benefits or reduce the likelihood of surgery. Studies are now showing that they can actually be more damaging than beneficial.

### Imaging scans (such as x-rays and MRIs)

Imaging is not recommended for routine treatment of sciatic pain and often leads to unnecessary treatment. Up to 53% of adults between age 30 and 60 WITHOUT Pain show evidence on MRI of Disc Bulges. Essentially, you have people who are PAINLESS that show evidence of disc problems / abnormalities. Yet, we are trained to think that we need an MRI and if it shows "abnormal findings" that we need surgery. The people that promote the importance of MRIs for sciatica might just prefer us to think of them as necessary if you expect relief.



## So..What Can You Do On Your Own To Help Yourself?

### 1. Limit Bed Rest

Studies show that people with short-term sciatic pain who rest feel more pain and have a harder time with daily tasks than those who stay active.

### 2. Keep Exercising

Activity is often the best medicine for sciatica. Simple exercises like walking can be very helpful. It gets people out of a sitting posture and puts the body in a neutral, upright position. Every 30 minutes is great.

### 3. Maintain Good Posture

The pain may have started after a long workout at the gym, but the strain that caused it has probably been building for years. Most people have poor posture when going about their daily activities, putting unnecessary strain on their backs.

### 4. Strengthen Your Core

“The torso is a combination of many muscle groups working together,” Frank B. Wyatt, EdD, professor of exercise physiology at Missouri Western State University, tells WebMD. “If the abdominals are weak, other areas must pick up the slack. When we strengthen the abdominals, it often reduces strain on the lower back.”

### 5. Use Relaxation Techniques

Research shows that practices such as meditation, deep breathing, tai chi, and yoga, which help put the mind at rest, can do wonders for sciatica.



## 6. Apply Ice and Heat

Heating pads and cold packs can comfort tender trunks. It is difficult to say if ice or heat is more beneficial. I recommend that patients use whichever they find comforting as long as their skin is protected. A Physical Therapist specializing in sciatica can guide you on how and when to use these. Heat is used well in combination with other treatments, but will not provide long term results as noted earlier in this report.

## 7. See a Specialist Physical Therapist

Some patients need more core strengthening while others benefit mainly from stretching and improving flexibility. Find a physical therapist who specializes in sciatica. They will match you with the right exercise plan. In my opinion, a one-on-one physical therapy program that emphasizes education is essential.

**“I cannot say enough about Achieva Rehabilitation. After being told my husband would never walk again and months and months of therapy in 2 different states, Achieva took him on as a patient and I am very happy to say he is now walking after more than 2 ½ years in a wheelchair. We cannot thank Joel and Marisa enough for giving my husband a new life.”**

**“I told my orthopedic surgeon that I have 100% trust in my therapists with Achieva Rehab. You were the only ones who really cared about me in getting through this difficult time. I will never go to traditional outpatient therapy after the progress that I’ve made in such a short time.”**





## **Conclusion**

So, there you have it: Tons of things that you can do TODAY to keep active, improve your mobility, your posture, your pain, and your general health, as well as live with LESS worry over what's actually going wrong.

There's obviously only so much you can do, and I could go much more in-depth on ways to drastically improve your pain other than the principles I've given you here, but these fundamentals, if you apply them rigorously and are disciplined, will make a huge difference to the quality of your life.

Through this report I wanted to prove to you that there ARE many things you can do to improve back pain and sciatica before it stops you! AND that you don't have to accept it as a part of your life and throw in the towel, nor do you need a referral from a doctor to get the help you're looking for!

In the weeks ahead I'll be sending you even more tips and advice on how to restore your active and healthy lifestyle - and will share with you how Physical Therapy could possibly make a huge difference to your life.

I hope this is the beginning of a great, long-term relationship where myself and my team at Achieva Rehab will become the source of leading-edge health advice for you (and your family) and make a real difference to the quality and enjoyment of your life.

If you have any questions in the coming weeks about how to successfully implement these tips, please feel free to call me, text me, or send an email.

Dedicated to Restoring Your Health,

**Joel J. Digris, Owner**

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## WHAT TO DO NEXT?

The best advice that I can give to you today is to see the help of a physical therapist that specializes in back pain and sciatica therapy. Our program specializes in treating people with sciatica and we also specialize in helping those people get back their activity and independence without pills or a calendar full of medical appointments. We have three other easy ways to continue your relationship with Achieva Rehab, ultimately moving to the solution that you are looking for.

- 1. Call us at the number below and we will set up your program.** You don't even need to go to your doctor...we will take care of everything for you.
- 2. Schedule a FREE phone assessment** with our specialist...go to our website to make arrangements.
- 3. Arrange a FREE Discovery Visit** to meet us in person to discuss..schedule this on our website. **Above all, with everything, we hope this helps!!**



## SCIATICA



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**Question:** Does an apple a day actually keep the doctor away?

**Answer:** Only if you aim it well enough!!

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Wishing You A Great Deal of Life's Joy!



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