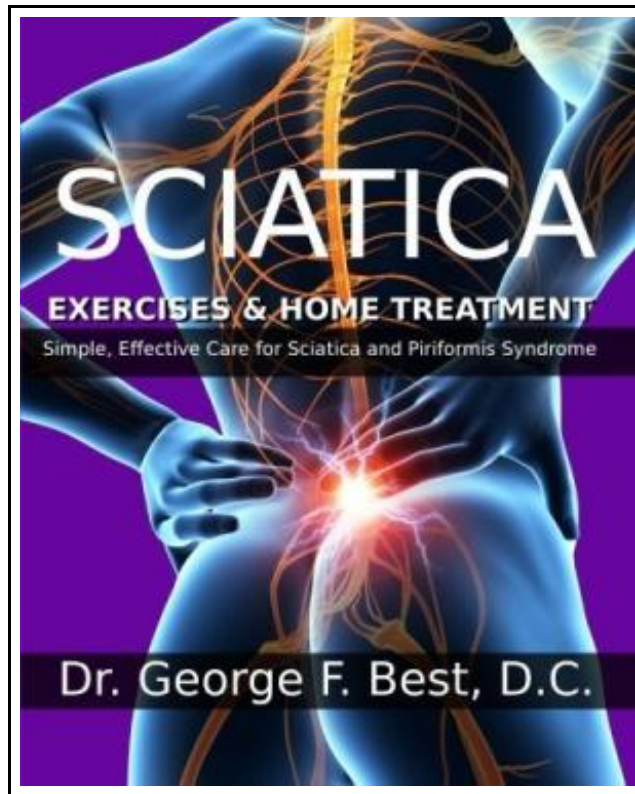


Sciatica Exercises Home Treatment: Simple, Effective Care for Sciatica and Piriformis Syndrome



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(Ms. Ora Buckridge)

SCIATICA EXERCISES HOME TREATMENT: SIMPLE, EFFECTIVE CARE FOR SCIATICA AND PIRIFORMIS SYNDROME



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Createspace, United States, 2013. Paperback. Book Condition: New. 244 x 198 mm. Language: English . Brand New Book ***** Print on Demand *****. Sciatica Exercises and Home Treatment provides simple, effective 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 can treat them most effectively. The book has detailed instructions 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, acupressure 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...



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