

Acupuncture for Sciatic Nerve Pain

According to the National Institute of Health, sciatica is an irritation of the sciatic nerve, a large nerve that runs from the lower back down the back of each leg. It controls muscles in the back of your knee and lower leg and provides feeling to the back of your thigh, part of your lower leg and the sole of your foot. When you have sciatica, you have pain, weakness, numbness or tingling. It can start in the lower back and extend down your leg to your calf, foot, or even your toes. It's usually on only one side of your body.

Sciatic nerve pain can be triggered by heavy lifting, sitting or driving long periods, falling, coughing, sneezing or poor posture. There are different causes for sciatica. Among them are herniated discs, nerve impingement, nerve entrapment by the presence of scar tissue, muscle spasm or trigger points in the soft tissue. All of these causes lead to nerve irritation, inflammation and pain. Symptoms commonly associated with sciatica are:

- Back pain
- Pain in buttocks
- Pain throughout the leg
- Weakness, tingling & numbness of the leg

Western medical treatments for sciatica generally focus on decreasing nerve inflammation through anti-inflammatory drugs, steroid injections, physical therapy and/or surgery. However, acupuncture treatments provide a safe, natural way to alleviate sciatic nerve pain.

The Traditional Chinese Medicine (TCM) sees the human body as an integrated being. It works with vital energies inherent within all living things to promote the body's ability to heal itself. Qi (bioelectrical energy) is a vital energy that flows through meridians, pathways that run throughout the entire body. Qi protects the body from illness and provides nourishment to cells, tissues, muscles and organs.

Acupuncture Help Sciatica:

- Release nerves compression
- Eliminate pain
- Relax muscles
- Correct imbalance
- Reduce inflammation

Acupuncture practitioners recommend a holistic health approach inclusive of herbal remedies, massage and stretching.

- Exercise increases flexibility, maintains weight and strengthens muscles
- Diets including anti-inflammatories, unprocessed and organic foods
- Stress reduction through breath, meditation ,yoga and acupuncture
- Achieving a balance of rest and relaxation

Procedures of Acupuncture

During a treatment, specific acupuncture points are stimulated to balance bioelectric energy circulation and promote the body's own natural healing abilities. A balance of energy in the body yields mind-body relaxation and optimized physiological

functions of the body. The whole procedures last about 20 minutes, during which time patients are very relaxed and comfortable.

What to expect after acupuncture treatment?

True healing takes time and dedication. Acupuncture is not an instant fix. Depending on your current health and symptoms, you could feel better right away or you may need treatments for weeks, months or years to achieve the results you want. With a little patience and an open mind, you'll be on your way to health and vitality.

Dr. Bruce Pomeranz,
Neurosurgeon, University of Toronto
“I can't see a better solution to long-term chronic pain. There is no question in my mind that acupuncture is safer than surgery or drugs.”

Acupuncture goes Mainstream

Acupuncture is recognized by the National Institutes of Health (NIH) and the World Health Organization (WHO) as effective in treating these conditions.

- Addiction-alcohol, drug, smoking
- Anxiety/ADD
- Arthritis
- Asthma
- Back Pain
- Bronchitis
- Bursitis
- Carpal Tunnel Syndrome
- Chronic Fatigue
- Common Cold & Flu
- Constipation
- Depression
- Digestive Disorders
- Dizziness
- Facial Palsy/Tics
- Fertility/Habitual Miscarriages
- Fibromyalgia
- Frozen Shoulder/Pain
- Gastrointestinal Disorders
- Headache/Migraines
- Hepatitis B/C
- Immune system deficiency
- Incontinence
- Insomnia
- Knee pain
- Myofascial Pain Syndrome
- Neck Pain/Stiff Neck/Whiplash
- Osteoarthritis
- PMS
- Rhinitis/Sinusitis
- Sciatica
- Sports Injured

- Stress/Emotional Problems
- Stroke Paralysis/Numbness
- Tendonitis/Tennis Elbow
- TMJ
- Trigeminal Neuralgia
- Wrist Pain



L. Phan, D.O.M., A.P.

“Experience is priceless...”

- Graduate from the University of Hawaii with a B.S. in Bio-Chemistry
- Completed 4 years post-graduate training in Acupuncture and Herbal Medicine at American College of Acupuncture and Oriental Medicine, Houston, Texas
- Certified Neuromuscular Therapist
- Certified Craniosacral Therapist
- NAET (allergy) Therapist
- Certified Laser Therapist
- Herbalist (NCCAOM)

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