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Sun December 10, 2017

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Legacy Spine and Rehabilitation Center, returning you to an active lifestyle!

"Located in Plano, TX the Legacy Spine and Rehabilitation Center provides a variety of non-surgical therapeutic approaches to help address conditions ranging from Cervical spine disorders, Degenerative disc disease, Degenerative spinal conditions, Herniated disc, Ligament strain, Lumbar spine disorders, Muscle strain, Myelopathy, Osteoarthritis, Sciatica, Scoliosis and deformity, Spinal stenosis, Spondylolisthesis, Thoracic spine disorders, Trauma and Whiplash. From simple procedures to more complex ones, LSRC have been serving the Plano community for years, yielding the most positive results.

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In chronic cases of sciatic neuritis, the pain is associated with adhesion around the nerve. "Lying, sitting and standing" is a great treatment for this condition, providing an opportunity to exercise the sciatic nerve by tightening and relaxing it and helping relieve adhesion and alleviate pain after repeated practice.

Ayurveda believes that Sciatica/Gridhrasi is caused by the aggravation of vayu. Sometimes the vitiation of kapha along with vata brings on the attack. At times constipation precipitates or aggravates an attack of *sciatica*. Ayurveda prescribes the perfect prescription for Gridhrasi. It includes:

Sciatica is a painful inflammation of the sciatic nerve, usually neuritis, but it may also result from pressure by tumor or inflammation of the neighboring bones, tendons or muscles, particularly by protruding intervertebral disc. In an acute case of protrusion of intervertebral disc, there is a cutting pain that radiates from the iliacsacral region to the foot, causing an inability to walk. When it becomes chronic, the patient will feel a dull stretching pain and have difficulty walking.

The sciatic nerve is located deep in the muscles of the buttocks, originating from the sacral plexus and running distally along the thigh with its branches to the shank and foot. It is an important nerve of the lower extremities, for both motor and sensory purposes.

In the later & complicated stages of **Sciatica**, the gait of the affected person resembles that of an Eagle's walk & the inflamed nerve appears like Eagle's beak, hence the term Gridhrasi.

To determine the cause is the most important thing in the treatment of sciatica. If the pain is caused by pressure from outside the nerve, the pressure should be relieved. If sciatica is the result of an inflammation, bed rest, analgesics, acupuncture and massage therapy are indicated. In chronic cases, the following system of physical therapy is advised.

Exercise Therapy Exercise therapy refers to the implementation of exercise with a specific goal in mind. An exercise therapy program may be supervised or unsupervised. Supervised exercise is usually part of a physical rehabilitative program. Patients may be provided with simple exercises, which they can perform at home. Home exercises are often provided to help improve flexibility and restore the strength required to stabilize a joint region. Some exercises are provided to help reduce the risk for injury or re-injury. A spinal stabilization exercise program is often used to strengthen muscles around the spine to reduce excessive or abnormal joint and spinal region movement patterns. Physical Therapy Physical therapy often includes the application of modalities such as ultrasound, electrical stimulation, heat, cold and iontophoresis in an attempt to reduce pain and inflammation. In some cases a combination of these approaches may be used. Manual approaches such as joint mobilization or joint manipulation may be applied during the course of physical therapy. The patient may be entered into a progressive exercise program to improve flexibility, muscular strength and endurance. The patient may be referred to an outside facility for aquatic therapy. Work Injury Rehabilitation Evaluation of the injured worker may require a functional capacity evaluation (FCE). The findings serve as a baseline of physical performance capacity at the workplace. If significant deficits are found a course of work conditioning/work hardening may be implemented. This involves the implementation of postural retraining and a course of specific exercises. Onsite or simulated job analysis may be recommended to help design the best therapeutic approach. An ergonomic or workplace assessment may be implemented to provide further insight into the rehabilitative requirements and to assist in the implementation of preventive measures. The practice of chiropractic and acupuncture is based on providing care without drugs or surgery. At LSRC, our doctors are well trained in disease prevention, clinical nutrition and the science of tissue recovery and repair. Our doctors understand the steps required to promote maximum musculoskeletal tissue recovery and repair and return you to an active lifestyle! "

Dietary Regimen: Pulses, beans, and fried foods should be prohibited. Curds and other sour substances should be avoided. Saffron, in small quantities, should be mixed with milk and given to the patient to drink. Life style Regimen: Gentle exercise of the leg is advised. Exposure to damp and cold should be avoided. Swimming in warm water is a good exercise for legs. The patient should use a hard bed and wear a lumbo-sacral belt. Yogic exercises like Halasana, Shalabhasana, and Bhujangasana may be undertaken after pain has subsided to prevent recurrence of **sciatica**. Internal Medications: include many types of Ayurvedic preparations like Thailams, Grithams, Gutika, Pills, Lehyams, Churnams, Asavaaristams & Kashayas are prescribed by a qualified Doctor after a thorough examination of the patient.

Majority of these patients give a history of lifting heavy weights on their head or back, adopting improper spinal postures while sitting or bending forward, riding two wheelers on bumpy roads, female patients standing for a longer time in kitchens - these all contribute to the unbearable & excruciating pain called Sciatica.

It has been proposed that acupuncture may stimulate a local immune response and also contribute to the release of special chemicals within the central nervous system referred to as endorphins and enkephalins, both, which are natural pain reducing compounds. Acupuncture has been used by millions of American patients and performed by thousands of physicians, dentists, acupuncturists, and other practitioners for relief or prevention of pain and for a variety of health conditions. After reviewing the existing body of knowledge, the U.S. Food and Drug Administration removed acupuncture needles from the category of "experimental medical devices" and now regulates them just as it does other devices, such as surgical scalpels and hypodermic syringes, under good manufacturing practices and single-use standards of sterility. Over the years, the National Institutes of Health (NIH) has funded a variety of research projects on acupuncture, including studies on the mechanisms by which acupuncture may produce its effects, as well as clinical trials and other studies. Dietary, lifestyle, and exercise recommendations may accompany the acupuncture approach.

Instructions 1. Lying: Lie supine in the bed with the legs bent. Without letting the feet leave the surface of the bed, straighten the legs one after the other. While they are stretched straight, lift the legs above the bed alternately. Lift the healthy leg to an angle of 90 degrees and the affected leg to an angle of 45 degrees at first. By practicing, the affected leg can be gradually lifted higher to form a perpendicular angle as well (see Fig. 1).

There is a saying in China: "A door-hinge is never worm-eaten." It means that appropriate motion can prevent strain. Therefore, a *sciatica* patient should not keep motionless for fear of pain. Keeping motionless will aggravate the symptoms.

Spinal Manipulation Joint manipulation is used to help promote an optimum the tissue repair process through the various stages of healing. Tissues tend to recover and remodel consistent with the stresses placed upon them during the healing process. Some movement is required for the tissues to heal strong and flexible enough to allow normal joint movement and to adequately withstand physical loads placed upon the tissue. In each stage of repair, methods are used to lessen pain, reduce extent of injury, aid in remodeling of granulation tissue, break adhesions as they develop, and most important, attempt to prevent chronic joint stiffness and /or a potential chronic pain syndrome from developing. Spinal manipulation is most effective if it is used in combination with muscle therapy, correction and maintenance of proper posture, home and in-office exercises and stretching, and proper work and home ergonomics.

"We are aimed at Redefining Ayurveda by propagating the ancient traditions of Ayurveda to the modern world, and practicing the Genuine, Shastroktha & Purest form of AYURVEDA from the past 9 years. Today, we are known for conceptualising ayurvedic cures to diseases like sciatica, slip disc, arthritis, spondilitis, herniated disc, degenerative disc etc. which never had a solution other than surgery. For my work in the field of ayurveda I was awarded KRRUSHI RATNA AWARD, AYURVEDA TAPASWI AWARD, VAIDYA RATNA AWARD." Says Dr. Kranthi Vardhan Chief Physician & Managing Director, The Kerala Ayurvedic Care, 3-6-101/1, st no: 19, basheerbagh, Hyderabad-29. For details contact Cell: 98666 66055, 92461 66636 & 66101140 on all days from 8am to 8pm strictly with a prior appointment.

External Therapies: includes the famous Panchakarma & Rejuvenation therapies. Abhyangam, Nadi Swedam, Elakizhi, Pizhichil, Kati vasthi, Matra vasthi and other Ayurvedic procedures are performed accordingly for a period of 7/14/21/28 days thus treating the underlying cause of the disease without any side effects.

Detailed information on our services are as follows: Non-Surgical Therapeutic Approaches (Chiropractic Services Summaries) Spinal Disc Decompression An FDA approved treatment of herniated and degenerative discs WITHOUT surgery, which has been shown to be both SAFE and PAINLESS. More than 86% effective in relieving lower back pain and sciatica. Designed to correct the underlying problem, not just relieve the symptoms. An effective treatment for herniated disc, degenerative disc, **sciatica**, facet syndrome, spinal stenosis, Pre/Post surgical patients. Clinical Nutrition There are numerous ways, which healthcare specialists use to assess the unique nutritional needs of an individual which include taking a thorough history, reviewing dietary habits, physical examination and the performance of laboratory tests such as blood, stool and urine analysis. An individualized nutritional approach will promote health and tissue recovery. Specific supplemental recommendations may be provided to help facilitate anabolic recovery of compromised tissues. Special attention may be placed on recommending neuroprotective strategies in those cases where there is neurological compromise or disease. Physiotherapy Physiotherapy if often one of the earliest approaches taken in a physical medicine setting. It can be used to help an individual gain strength, improve flexibility, reduce pain, and promote greater independence. It is commonly used to treat conditions that affect muscles and nerves. One of the primary applications is the rehabilitation from stroke or injury. Physiotherapy approaches include the use of heat, cold, electric stimulation, ultrasound, iontophoresis, traction and massage. Physical Rehabilitation During the physical rehabilitative approach, attention is placed on the health and integrity of bone and soft tissues, biomechanical function of the affected joint or joints, and the patient's psychosocial response. Physical rehabilitation may be used in conjunction with functional restoration techniques such as physical mobilization or manipulation of joints and related tissues. Adjustive techniques often help promote mobility during the healing process while also promoting quicker and more enduring results. Weight Management Weight management refers to the application of methods to help an individual lose weight. This may involve dietary counseling, nutritional supplementation, exercise therapy or recommendations and behavioral counseling. Acupuncture

The most common causes are Lumbar herniated disc, Lumbar Spinal Stenosis, Degenerative disc disease, Aging, Osteoporosis, Spondilitis, Pelvic Infections, Tumors, Diabetic neuropathies etc.

SCIATICA, Gridhrasi in Ayurveda, is a Vata roga, characterized by Sharp Shocking pain radiating from the Hip unto Thigh, Calf or the Toes in one or both the Legs. Numbness, Weakness, Tingling sensation & Discomfort along the path of the Sciatic Nerve are the results of Compression, Irritation & Inflammation of the Sciatic Nerve.

2. **Sitting:** Sit upright on a mat or on the floor with the legs straight in front, the feet flexed so that the heels touch the ground and the hands placed flat on the

About the Author:

<http://www.tcmadvisory.com/#>

Chiropractor, Tampa: Low Back Pain and Sciatica. *Sciatica* refers to pain that comes from the sciatic nerve. It is usually experienced in the legs or buttock but can also affect the feet. The origin of sciatica is from irritation to the nerve roots that exit from the lumbar spine and sacroiliac area. Occasionally it can be caused by a muscle that is pressing against the nerves. The leading cause of missing work is due to low back pain. Not only do employees suffer and miss out on income, or eat up their sick days, but employers also suffer. Missing you valuable employees can be a huge inconvenience, leading to loss of revenue. Then when the employee gets back to work, they are often put on light duty, which can also mean loss of revenue and productivity. Chiropractors should always be consulted first when low back pain and sciatica occurs. Going to the medical doctor for this condition makes no sense as a first resort. Getting pain killers and muscle relaxers is fine, but only if the individual is going to the chiropractor. The chiropractic physician is the only health care provider that is trained to detect and eliminate the cause of low back pain. A vast majority of the time the cause of low back pain is a misalignment of a joint that irritates a nerve. This condition is called a subluxation. Dr. Steve Edelson of Tampa, Florida is a chiropractic physician with 12 years of experience in treating low back pain and sciatica, and he says, "I have personally suffered from severe low back pain. I know what it is like to have this condition. This makes me more determined to find the cause of the problem and correct it for my patients. I would never suggest that people go to a medical doctor before going to a chiropractor." For more information visit these web sites: BLOG or DR STEVE. You may contact Dr. Edelson at (813)495-0526. See the Press Release. See the Forum Post POST THREAD. For the latest Press release, Click Here.

Tracy B. Wheeler

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