



Self-Treating Low Back Pain and Sciatica: A Referred Pain Approach to Understanding What Is Causing Your Back Pain and What You Can Do to Self-Treat (Paperback)

By Richard Hazel Lac

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A Sports Medicine Acupuncturist's guide to self-treating low back pain and sciatic pain based on clinical experience and knowledge of referred pain patterns caused by trigger points. Statistics show that 80 of us will eventually have back pain. Practitioners who recognize the musculoskeletal causes of back pain and sciatica believe that most back pain sufferers have muscle shortening and myofascial trigger points in their muscles which refer pain in specific patterns. One of the most common back pain patterns is from the gluteus medius muscle. That pattern is felt in a band just above the belt line and sometimes into the sacrum. The pain is felt at the muscle attachment in the low back area but the cause of the pain has to be treated in the gluteus medius muscle. And it can be treated fast! Another common cause of low back pain is felt in the middle of the back and is experienced after sitting for long periods of time just when the person stands up. That back pain improves after the person walks around a while...



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