

SCIATICA

Low back pain and sciatica is a very common occurrence. Pain is a sign that something is wrong and it shouldn't be ignored. The earlier it is treated, the easier it is to resolve in most cases.

The nervous system processes, integrates and adapts to emotional, physical and chemical stress. Each of these can however, manifest or set up a low back “blow out”.

Prolonged or severe emotional stress causes a release of chemicals from the adrenal glands, which can lead to neurological feedback loops that create weakness in the low back and increased sensitivity of the pain feeling nerves.

Chemical stress in the form of poor diets, packaged foods with additives/preservatives, too much coffee, alcohol, tobacco etc. will stress the nervous system out in the same way.

Physical stress from heavy lifting, improper carrying, repetitive bending, old or new injuries can cause structural imbalances that lead to nerve, spinal joint or disc pain. Your car stops and starts quickly, makes turns, goes over pot holes, runs into curbs all of which cause the front alignment to go out. Taking your car to address all the moving parts is essential for the life of your car. Why would your spine be any different?

Dr. Langstroth's approach uses a system of analysis to address all structural issues, while taking into account the contributory factors like stress, diet, deficiencies, deconditioning issues and muscle weakness. By looking at the “whole”, a much greater level of success can be achieved.

Contact Dr. Kit Langstroth DC today for a free consultation.