GARFINKEL FAMILY
CHIROPRACTIC

7 Simple Ways to Relieve Sciatica Pain at Home (Without Medication)

A Quick Relief Guide for Lower Back & Leg Pain

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Introduction:

What Is Sciatica?
(And Why It Hurts So Much)

Sciatica happens when the sciatic nerve, the largest nerve in your body, gets irritated or compressed.
This can cause:

- Sharp, shooting pain from your lower back down your leg
- Burning or tingling sensations
- Numbness or weakness
- Pain that worsens when sitting

Unlike general back pain, sciatica travels, which is why it feels more intense and urgent.

The truth is this:

Most "Quick Fixes" Don't Last

Painkillers and rest may reduce symptoms temporarily...
But they don't address the root cause, which is often:

- Spinal misalignment
- Disc pressure
- Muscle imbalances
- Poor posture habits

That's why relief often comes and goes.

In this guide, Dr. Rob Garfinkel breaks down the most common myths that keep people stuck in pain, and what you really need to know to find lasting relief from sciatica.

7 Simple Ways to Relieve Sciatica Pain at Home

1 *The 90/90 Position (Instant Pressure Relief)*

Lie on your back with your legs elevated (on a chair or couch) so your hips and knees form 90-degree angles.

- Reduces pressure on the lower spine
- Often provides immediate relief

2 *Gentle Piriformis Stretch*

The piriformis muscle can compress the sciatic nerve.
How to do it:

- Lie on your back
- Cross one ankle over the opposite knee
- Pull the bottom leg toward your chest

Hold for 20–30 seconds each side.

3 *Ice First, Then Heat*

When sciatic pain flares up, knowing when to use ice versus heat can make a big difference in how quickly you feel relief.

- Use ice for the first 48 hours (reduce inflammation)
- Then switch to heat (relax tight muscles)

4 Avoid Prolonged Sitting

Sitting for long periods puts direct pressure on the lower spine and sciatic nerve, which can increase pain and slow down recovery. The longer you stay seated, the more irritation can build.

- Set a timer: Stand up, stretch, or take a short walk every 30–45 minutes.

5 Try Nerve Flossing (Sciatic Glide)

This helps the nerve move more freely.
Simple version:

- Sit upright
- Extend one leg
- Flex your foot while lifting your head
- Then relax

Repeat slowly 10 times.

6 Sleep Smarter

Your sleeping position matters more than you think.
Best options:

- On your back with a pillow under knees
- On your side with a pillow between knees

Avoid sleeping on your stomach

7 Light Movement (Not Bed Rest)

Complete rest can actually make sciatica worse.
Best activities:

- Walking
- Gentle stretching
- Short, frequent movement breaks

When At-Home Relief Isn't Enough

If you're experiencing:

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- Pain lasting more than 1–2 weeks
- Pain that keeps returning
- Numbness or weakness
- Difficulty sitting, standing, or walking

It's time to address the underlying cause, not just the symptoms.

How Chiropractic Care Helps Sciatica

Chiropractic care focuses on correcting the root issue:

- Restores proper spinal alignment
- Reduces nerve pressure
- Improves mobility and function
- Prevents recurring flare-ups

Many patients notice:

Reduced pain
Better movement
Faster recovery

Ready for Lasting Relief?

If these tips helped even a little, imagine what happens when the actual cause is corrected.

BOOK YOUR CONSULTATION TODAY!