

Your Sciatica Relief Starter Guide

Relieve Pain. Restore Function. Reclaim Your Life.

MAHONEY CHIROPRACTIC GROUP | COLCHESTER, VT

Start here. Sciatica is nerve pain that begins in your lower back and travels down one leg, often as a sharp, burning, or electric feeling, sometimes with numbness or tingling. The key thing to know is that it usually starts in your spine, not your leg, which is why the right approach targets the source. The steps below are gentle, low-risk ways to ease symptoms while your body settles. Use what feels good, and stop anything that sharpens your pain.

Gentle moves that help calm the nerve

- 1 Keep moving in small doses.** Short, frequent walks often beat long rest. Motion helps quiet an irritated nerve.
- 2 Change positions often.** Do not stay in one posture for more than 30 minutes, especially sitting.
- 3 Find your comfort position.** Many people feel relief lying on their back with a pillow under the knees, or on their side with a pillow between the knees.
- 4 Ease into gentle movement.** Slow, pain-free range of motion for the hips and lower back can help things loosen. Gentle is the goal, never forcing through pain.

Daily habits that protect your low back

- Set up your chair and screen so you are not slumping, and stand up regularly.
- When you lift, hinge at the hips, keep the load close, and let your legs do the work.

- Balance sitting time with walking breaks throughout your day.

- Support steady, low-stress movement. A body that moves well handles pressure better.

! Seek urgent care right away if you notice:

- Loss of bladder or bowel control
- Numbness around the groin, buttocks, or inner thighs
- New or worsening weakness in one or both legs

These are rare but serious. If any apply to you, go to the emergency room or call 911. Do not wait.

When home care is not enough

If your sciatica is not easing within a couple of weeks, is severe, or keeps coming back, that is your cue to get evaluated. Generic stretches only go so far, because the right plan depends on what is driving your symptoms. That is where we come in. We find the source, calm it down, and rebuild the strength that keeps sciatica from returning.

Ready to feel like yourself again?

Visit 356 Mountain View Drive, Suite 200, Colchester, VT 05446

Call 802-655-2664

BOOK YOUR ASSESSMENT TODAY



SCAN TO BOOK

This guide is for general education and is not a substitute for professional medical advice, diagnosis, or treatment. Results vary from person to person. Always consult a qualified healthcare provider about your specific condition.

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