

[IMAGE]

## Chiropractic for Sciatica

Sciatica is a condition in which pain radiates from the lower back down one or both legs. This is generally caused by a problem in your lower back. While many people believe that sciatica requires surgery, a new study found that "sixty percent of patients with sciatica who had failed other medical management benefited from spinal manipulation to the same degree as if they underwent surgical intervention."

Chiropractic can alleviate many of the symptoms related to sciatica and can do a lot for those who are suffering.

Given the potential dangers related to surgery, chiropractic spinal manipulation should be the first choice for those suffering from sciatica or any form of back pain.

sciatica - Copyright © Stock Photo / Register Mark The purpose of the study, published in PubMed was to compare the clinical efficacy of spinal manipulation against microdiscectomy in patients with sciatica secondary to lumbar disk herniation (LDH).

If you suffer from sciatica, make sure to talk to your chiropractor about your options for relief and healing.

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