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# The Best & Quickest Exercise to Relieve Sciatica

Sciatica, I'm sure you know, is a real "pain in the butt". It affects your day to day life and stops you enjoying your work and leisure times.

At times pin is constant and you may even get numbness in your legs. You may be frustrated that you can't even tie your own shoe laces, or play with your kids, let alone perform totally at work.

You may have fears that it will become worse and that you may end up having surgery. Or worse become permanently disabled due to the pain, as a cure is very hard to find.

Freedom from sciatica pain is possible though, especially if you know why sciatica occurs and what you can do to ease your pain.

Becoming completely healed, having your flexibility returned and being able to do anything you want or desire is not just a pipe dream.

To return to total fitness and to become pain free means you need to address all the factors that cause your sciatica. You need to realign your spine, balance your pelvis, relax tight muscle and strengthen weak muscles. All simple things to do at home...

With sciatica you also need to stretch your Piriformis muscles, remove any tension off your discs and the most important thing to do is take pressure off your Sacro-Iliac joints.

The Sacro-Iliac joints are the link between your spine and your pelvis. These joints if tight create the muscles in your buttock to tighten (namely the Piriformis), they allow the pelvis to become unbalanced and then also allow distortion in the spine.

Correcting these joints will help the other areas to ease somewhat. However you still need to target these areas if you want that total health and freedom from sciatica pain.

So the question is...

How do you relieve pressure off the Sacro-Iliac joints?

Simple, you need to get a towel. A simple bath towel and fold it in half length-ways. Then roll it up so you have a cylinder shape.

Then you need to lie on your back, place the towel under your sacrum. This is the wedge shape bone at the base of your spine. Place the towel so that the top edge is at about belt height and the rolled towel points towards your feet.

To recap - the rolled towel is in the midline of your sacrum - the top edge at belt height - the rest of the towel is therefore over the sacrum and tailbone.

Then all you need to do is lie there. While you lie make two fists and place these under your head on the rounded area of the back of your skull. Why?

Your sacrum and occiput work together. So lying on the towel and with both fists on the back of your head helps to take pressure off the joints and ease other pressures in the spine.

It is as simple as that. Just lie there for about 5 minutes and then get up gently and go for a few minute stroll.

Easing your sciatica is easy and quick. You cannot do these types of techniques wrong and they help relieve pain quickly.

To get complete and total freedom from your sciatica pain, you need to do this and also the pother techniques in the X-Pain Method. This way you will improve your flexibility, have freedom from back pain, and be able to do all the activities you wish - at home and work and return to total health and fitness.

Sciatica does not need to rule your life. The continuous pain, numbness and frustrations of having poor mobility can ease and disappear. You just need to apply some simple techniques to eliminate your sciatica once and for all.

Are you one of the over 80% of adults suffering from back pain? Then you need simple, valuable and expert advice. Dr Graeme Teague is an expert in the structural field, and has been in practice since 1991 - visit The Back Pain Advisor - <http://www.back-pain-advisor.com> for valuable and expert advice, tips and information on your back pain issues.

Sign up for free professional back pain advice at The X-Pain Method and say goodbye to pain forever. - <http://www.back-pain-advisor.com/help>

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