



Hi, I'm Dr. Kukurin and you are receiving this newsletter as a free gift from my office. We spend a lot of time working on this publication. I'm sure you will enjoy it. It contains much of the same information my patients pay over \$150 for in consultation at my office. So please, if you can't use it, pass it on to someone who can.

Journal of Rapid Pain Relief

Avondale Area Chiropractic What works for sciatica?

Sciatica is radiating leg pain and or numbness that comes from entrapment of the sciatic nerve in the back or buttocks.

The sciatic nerve is the thickest nerve in the body and when it becomes inflamed it produces severe pain. While painful sciatica is usually quite treatable. There are several important considerations to remember when you have sciatica. The first is that if you develop loss of control of bowel or bladder function you must seek immediate medical treatment. This is because in rare cases the nerves that control your bladder and/or colon become compressed and the internal organs malfunction. The condition is known as Cauda Equina Syndrome. Thankfully this serious complication of sciatica is rare. In most cases the most severe pain of sciatica can be diminished in a week to ten days. Another 3-6 weeks of care may be required to reach maximum improvement. Because there are different reasons for the sciatic nerve to become inflamed, sometimes it is necessary to

obtain specialized testing. Tests like the electromyograph seen in the picture to the far left or magnetic resonance images seen in the picture below can provide subtle but important information about the key to treating a patient's sciatica. These tests allow us to individualize a program of conservative care that likely will help sciatic patients obtain relief without drugs or surgery. Dr. Kukurin is one of only a handful of chiropractic physicians who is board certified in neurology. The study of the nerves like the sciatic nerve.



Dr. Kukurin reviews a patient's MRI scan

This issue: *Alternative Medicine Info* to help people suffering from **Sciatica & Slipped Discs**



Pelvic tilt and knee to chest exercises can sometimes relieve the pain of sciatica. (left). You should slowly do these maneuvers and hold each position for a count of ten. Do 10-20 repetitions. If the pain seems to be getting worse, stop the exercise immediately. Apply an ice pack to your back for 20 minutes after doing these exercise maneuvers.

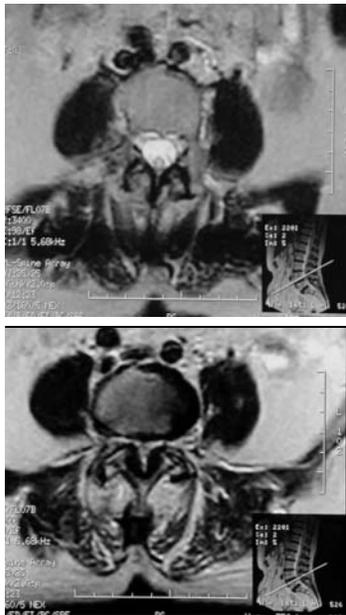
The course of the sciatic nerve (right) as it exits the spine and runs down the back of the thigh. The sciatic nerve branches as it descends towards the feet. Dr. Kukurin is board certified in neurology, the study of nerves.



- The sciatic nerve is the thickest nerve in the body. As thick as your thumb in some places.
- Inflammation of the nerve can occur where the nerve roots exist the spine in the lower back or deep within the muscles of the buttocks.
- You may or may not have lower back pain when the sciatic nerve becomes inflamed.

Sciatic Pain indicates that the sciatic nerve is being damaged.

You should remember that sciatica is actually a symptom. There are many different reasons why a patient develops pain and burning in their leg. Some are straight forward others are complex and a few are very serious. The top image to the right show a relatively normal cross section of the spine. The bottom right image shows severe spinal stenosis. Spinal stenosis is a common cause of sciatica in elderly patients. It must be treated totally differently than other causes of sciatic leg pain.



The Hill flexion distraction table, pictured to the right is very effective in non-surgically reducing bulging discs. It is a great decompression treatment for sciatica, spinal stenosis and spinal arthritis. Try it!!

Gently relieves pressure by stretching and flexing

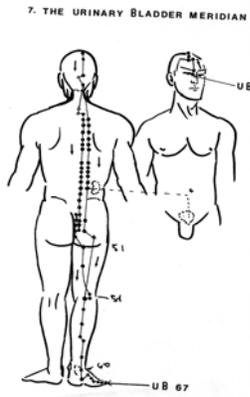


Combining chiropractic with acupuncture, physiotherapy and other similar techniques can often address the cause of sciatica, not just temporarily ease the pain and numbness. You should always try to avoid surgery in cases of sciatica. Thankfully most of our patients respond to our conservative methods of treatment. If you're hurting call me today. *Dr. Kukurin*

Modern Methods of an Ancient Chinese Wonder Experience the amazing healing powers of Acupuncture

Acupuncture can provide relief from sciatica. In fact, the acupuncture meridian known as the Bladder Channel follows the course of the sciatic nerve very closely. By inserting acupuncture needles into points along the sciatic nerve you can often turn off the pain signals and reduce inflammation in the sciatic nerve. Most people assume that acupuncture is painful. But the truth is that a skilled acupuncturist, if he hits the acupuncture points accurately, can help many conditions without causing more pain. For patients who are afraid of needles, electrical stimulation can be used in place of acupuncture needles. Using ultrasound over acupuncture points is also effective in relieving sciatic pain.

~ Dr. Kukurin



The master point used to relieve back pain is located on the crease behind the knee

References used for this newsletter

1. The needling technique and clinical application of point **Zhibian**. *J Tradit Chin Med.* 2004 Sep;24(3):182-4.
- 2.Changes in somatosensory evoked potentials in patients with vertebrogenic pain syndromes treated by electroacupuncture *Fiziol Zh.* 1989 May-Jun;35(3):12-6.
- 3.Rapid progression of acute sciatica to cauda equina syndrome. *J Manipulative Physiol Ther.* 2001 Jun;24(5):350-5.
- 4.Spinal manipulation results in immediate H-reflex changes in patients with unilateral disc herniation. *Eur Spine J.* 1997;6(6):398
5. Nonoperative treatments for sciatica: a pilot study for a randomized clinical trial. *J Manipulative Physiol Ther.* 2000 Oct;23(8):536-44.

K~CANN

Dr. George W Kukurin

Board Certified in Neurology

Certified In Acupuncture

Certified in Physiotherapy

12409 W Indian School Rd Suite C304

Avondale, Arizona 85392

623.972.8400

www.avondalechiropractic.com

Kcann.phx@gmail.com