

Effective Home Remedies that Doctors Give Their Patients



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 \$57 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

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.

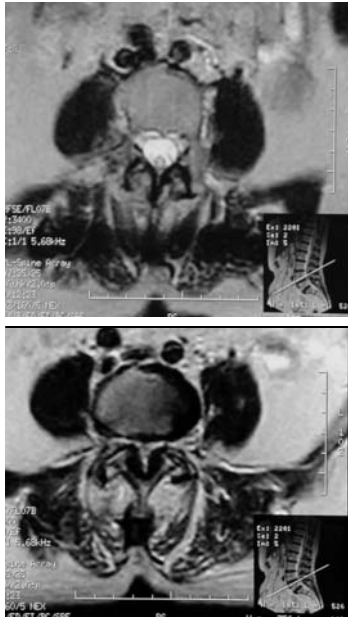
The course of the sciatic nerve (right) as it exits the spine and runs down the back of the thigh. The sciatic nerve branches as it descends towards the feet. Dr. Kukurin is board certified in neurology, the study of nerves.



- 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 vertetrax traction belt from Israel (right) is an excellent choice to try to decompress the inflamed sciatic nerve. The treatment lasts 10-15 minutes is completely painless and provides relief of sciatica.

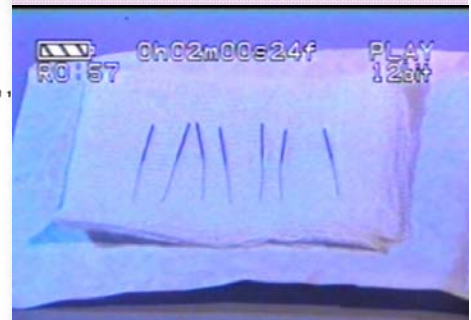
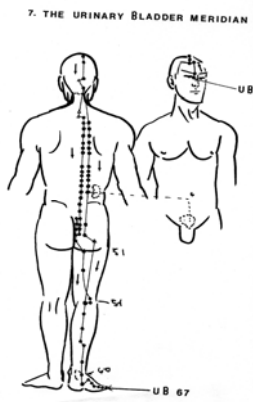


Combining chiropractic with acupuncture, physiotherapy and other similar techniques can often address the cause of sciatica, not just temporarily ease the pain and numbness. You should always try to avoid surgery in cases of sciatica. Thankfully most of our patients respond to our conservative methods 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

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Kukurin Chiropractic, Acupuncture and Nutrition
2415 Sarah St. Pittsburgh, PA 15203 ~ 412-381-4453 ~ 412-481-3420(fax)
kcann.pgh@gmail.com ~ www.alt-compmed.com ~ www.kcpg.com



George W. Kukurin DC DACAN



Jason S. Franchi DC