

# OCTOBER MONTHLY NEWSLETTER BROUGHT TO YOU BY WEST CHIROPRACTIC

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## Top Stories In This Newsletter

*What is Sciatica?*

*Exciting News!! Meet the new member of our team Del*

*Meet our October Client of the Month Nicky who has benefited from treatment and can now enjoy quality time with her children!*

*Our Outstanding October Offer exclusive to Newsletter Readers*

## Sciatica-What is it?

Sciatica is often difficult to explain and we can get confused about what it really is. The sciatic nerve is one of the biggest nerves in the body, it originates at the base of the spine and runs through the pelvis, buttock muscles and down the leg. People who have sciatica will experience a variety of different symptoms:

- Pain in the buttock muscle or both buttocks
- Pain down the back of the leg to the thigh, knee or all the way to the sole of the foot
- Pins and needles in the leg and feet
- Numbness in buttock or leg
- Shooting and sharp pain in buttock and leg
- Can occur in just one leg or both

It can be severely debilitating and can be caused by a number of things: Disc inflammation or prolapse, muscle tightness (piriformis), subluxation of vertebra, misalignment of pelvis.

It is important to find the root cause of what is causing it before beginning a treatment plan, however here are some exercises that we use with our clients with sciatic pain.

1. Tennis ball- placing a tennis ball on the buttock of the affected side and sitting on top of it on a hard chair and gently massaging the buttock can help to reduce tension, do this for 30 seconds and repeat 3 times.
2. Flossing technique-sit with the affected leg extended. Slowly pull the toes up to stretch the back of the leg, whilst doing this tip the head back, then slowly let the toes go the other way and tip the head forward. This 'flosses' the nerve through the spine. Repeat 10 times. Any worsening of the symptoms then stop and let me know.
3. Cat/Camel-on all fours-slowly tip the head forward and draw the spine up, then reverse the head back and arch the back. Repeat 5 times. Our YouTube channel 'West Chiropractic West Byfleet' has a demonstration of this.
4. Ice and water-Usually sciatica is made worse by inflammation - so if you can use ice to reduce the inflammation in the body this can help with the symptoms.

Meet Del our new part time Receptionist who I am sure you're all excited to meet if you haven't already. We're very excited to welcome Del to our team as a Receptionist, Del brings a wealth of enthusiasm to the team and we're excited for what the future holds. After raising her 4 children Del is now ready for a new challenge and we couldn't be any happier to Welcome her to our team. We hope you join us in Welcoming Del to West Chiropractic.

## Client Of The Month



Meet our October Client of the Month Nicky! When Nicky first contacted us, she was sleeping on the floor attempting to find some form of comfort, this in turn was affecting her ability to enjoy time with her 2 children. After a few sessions Nicky started to notice the benefits of treatment and has since been able to regain a normal sleep routine and enjoy days out with her children to the beach. Since being on a treatment plan Nicky has noticed improvement on her whole body and we couldn't be happier to see the progress made. Well done Nicky, we're so glad your children have their active Mummy back!!

## October Special!

Any of your loved ones can get a Halloween Special offer this October which entitles them to a spine check on us, it's bone tingling.

## HALLOWEEN SPECIAL

Treat your loved ones to the gift of better health with our bone tingling Halloween special.

**What is this voucher?**  
With this voucher your family can receive a full spinal check on us, trick or treat?

**The spinal check will involve:**

- 1) Full spinal physical exam
- 2) Posture analysis
- 3) X-rays if clinically required
- 4) Follow up report

