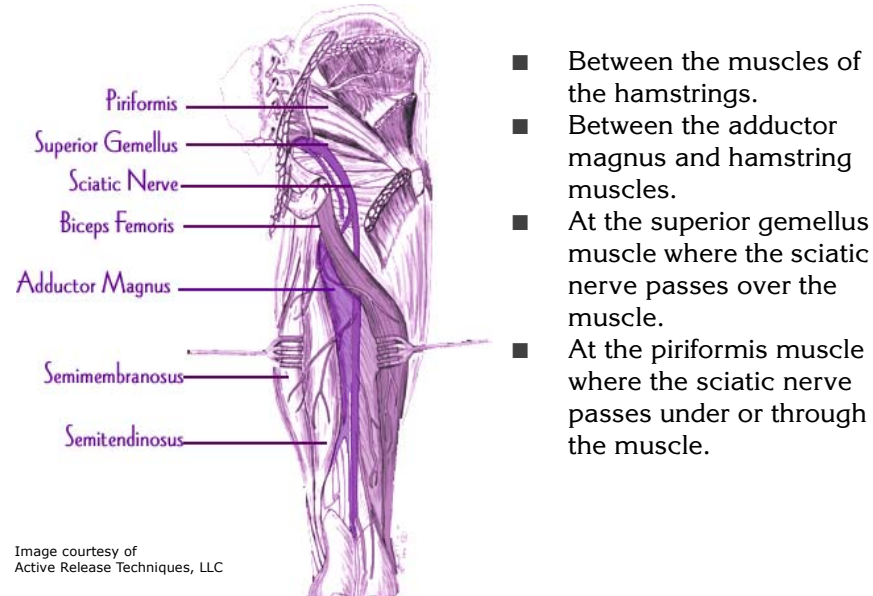


Sciatica

Sciatica is a common form of back pain. The classical definition of Sciatica refers to pain along the large sciatic nerve – which runs from the lower back and down the back of each leg.

The pain can vary in location; it may go down your buttocks, through your thigh, down the back of your leg, or right down to the foot and heel.

The majority of the medical community believes that Sciatica is a result of pressure upon the sciatic nerve caused by a herniated disc in the spine. Through Active Release Techniques, however, it has been revealed that Sciatica is more often caused by *peripheral* nerve entrapments. The most common sciatic nerve entrapment sites include adhesion of the sciatic nerve:



The key to resolving Sciatica is in the release of restrictions at all possible nerve entrapment sites, along the entire length of the sciatic nerve. Complete resolution of Sciatica cannot be achieved if the nerve remains trapped at any location along its length. This is where Active Release Techniques excels: it can be used to *find* each of these entrapment sites, and then, to *release* their restrictions.