

CHIROPRACTIC NEWS

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Top stories in this newsletter



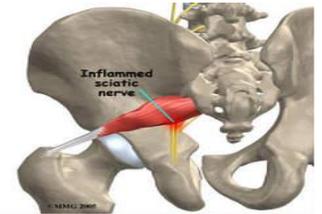
Sciatica can be a Real Pain in the Butt



Are Exercises For Lower Back Pain Effective?



Lower Back Pain After Sleeping On Your Stomach?



Revealed: 5 Truths About Sciatica

Sciatica can be a Real Pain in the Butt



So you've been to your health care practitioner and you've been told you have sciatica. Now what? Sciatica refers to back pain caused by a problem with the sciatic nerve. The sciatic nerve runs from the lower back and down the back of each leg. One condition that rears its head and is occasionally misdiagnosed is ...

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Are Exercises For Lower Back Pain Effective?



Exercises for lower back pain is generally more effective for chronic low back pain than acute pain (May 2005 study published in the Annals of Internal Medicine). Constant movement, regular exercise and stretching are the foundations of good back muscle and joint management and abdominal exercises are an important ...

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Lower Back Pain After Sleeping On Your Stomach?



As a lower back pain sufferer there's nothing more frustrating than getting into your favorite sleeping position on your stomach and having to change position because of lower back pain. But how can you stop this from happening? Here's a tip for getting a better night's sleep. For this to work you'll need two extra pillows ...

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Revealed: 5 Truths About Sciatica



Many times when you get a pain running down your legs you are told you have sciatica but what exactly is sciatica. Is it something that happens suddenly or does it happen over time? What causes sciatica and what are the treatment options? The truth is 49 -70% of people experience low back pain at some time in their life and about 10% of them have sciatica. So, you're not alone when you ask these questions ...

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