

Treatment for that awful *gripping* back pain



Sacroiliac joint pain is considered to be a primary cause of lower back and leg discomfort. However, with carefully planned gentle treatment, many patients that I have seen over the years achieve a full recovery.

Because the sacroiliac joints have a specific location within the body, symptoms are typically highly localised. Some of the main indicators of sacroiliac joint problems include:

- **Low back pain:** Usually a dull ache on one side of your lower back that may extend into the thigh. It is usually below the L5, or lowest lumbar vertebrae.
- **Buttock pain:** Pain can range from an ache to a sharp stabbing pain that extends down one or both legs.
- **Low back pain:** A horrible gripping muscle spasm, which normally occurs while climbing stairs
- **Difficulty sitting or lying on one side:** Often experienced as an ache on one side that causes you to shift weight to one side to relieve the pain in the other.



Celebrities: Martin Adams, world Darts Champion and Former Olympian Geoff Capes with Jo Sumner, Principal at Pulse Practice.

Generally most patients I see have trouble pinpointing the precise region of the body that is causing them to feel uncomfortable! That is why I always conduct a pain-mapping procedure to identify the exact origination of your pain. The more information that I can gather about your particular spine condition through both a complete examination and history taking, then the more I can ensure the most suitable treatment to get you pain free again.

The first step is to establish the real cause or diagnosis of the pain; to pick up subtle abnormalities in the way YOUR sacroiliac joints are positioned and moving. I will then be able to do manual therapy and possibly manipulation to correct the position of the joints and enable them to move correctly again and pain free. After treatment I will show you specific exercises to stabilise the joints in the correct position and prevent them from becoming dysfunctional again. So that, you can help yourself to PREVENT that awful pain!

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Pain relief *without the wait*

If you suffer from back pain, numbness, neck pain or tingling pain in the hands or feet relief is at hand.

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