

# SHIATSU & SCIATICA



## WHAT IS SCIATICA?

Sciatica is the name given to any sort of pain that is caused by irritation or compression of the sciatic nerve. The sciatic nerve is the longest nerve in your body. It runs from the back of your pelvis, through your buttocks, and all the way down both legs, ending at your feet. When something compresses or irritates the sciatic nerve, it can cause a pain that radiates out from your lower back and travels down your leg to your calf. Sciatic pain can range from being mild to very painful.

Source: [www.nhs.uk/sciatica](http://www.nhs.uk/sciatica) October 2013

## RESEARCH

### **Research Project on the Perceived Effectiveness of Shiatsu Treatment. Clifford Andrews BSc, MRSS(T).**

The first 9 conditions which include: General Health/wellbeing, ankle problems, headaches, joint problems, sciatica, back problems, emotional problems, shoulder problems, stress. Over 50% of the clients perceived the treatment as being +2 or Very Effective. In the second observable category which includes: Digestive problems, neck problems, menstrual problems, the perceived effectiveness was divided equally between the +1 (Effective) and +2 (Very Effective) scores but in each case over 80% of the sample found some benefit (+1 and +2 scores combined). A third group which includes depression, bowel problems/IBS, low energy, knee problems, showed a greater variety in the distribution of the scores. In depression slightly more +1 scores than +2 were recorded, although all of the sample indicated some benefit (+1 and +2 scores combined). Bowel problems and IBS proved difficult to treat giving the widest spread of scores amongst all the categories. Of the sample 40% indicated 0 or no change and 30% giving +1 and 30% giving +2. Low energy also proved to be a difficult category to completely resolve with 24% scoring +2 but a larger 55% feeling some benefit and scoring +1. Knee problems also appeared difficult to completely resolve, despite all of the sample reporting some benefit, only 17% scored +2 with 83% scoring +1.

Conclusions: A large majority of clients that responded to the Questionnaire perceived Shiatsu as being very effective. Two patterns emerged from the analysis of the responses; The most common conditions treated by Shiatsu in the sample shown, and also the relative perceived effectiveness of treatment of different conditions described. These show very promising results with some conditions which western medicine sometimes has difficulties in treating.

Shiatsu is perceived by the majority of clients in the sample as a complimentary approach to health management which is very effective for a wide range of common health problems.

## ARTICLES

### **Sciatica Pain Relief with Shiatsu**

Sciatica is a painful condition that can leave you unable to bend, shift or even sit comfortably. People suffering from this ailment are often desperate for treatment that will relieve some of the pain.

Because this condition stems from a pinched nerve in the lower back, effective treatment options can take time to be fully effective. While there are many therapies and medications that can help with the pain, one of the most effective treatments for long-term healing is Shiatsu. An eastern massage technique that can help relax the muscles in the back and neck, this treatment can provide you with short-term pain relief and long-term healing.

Shiatsu dates back about one thousand years to the country of Japan. Initially a profession for the blind, it continues to be a popular treatment method for pain. The traditional Shiatsu practitioner in Japan today is usually a small gentleman who is able to use his palms, thumbs, fingers and even knees to provide a rhythmic massage for pain relief. Applying exact pressure in specific spots will encourage the ki, or chi, to flow through the bones, arteries, muscles and skin of the affected area.

The core belief of Shiatsu is that the body has the power to heal itself. The massage treatments and phases of intense pressure are meant to encourage that self-healing so the patients can enjoy long-term relief from painful conditions. Needles and medications are avoided as the focus lies on the body's energy meridians and its natural power to heal.

Each Shiatsu session will last about an hour and the person will feel incredibly relaxed when the session is done. Peace washes over the patient and the pain will lessen with each session. Shiatsu has been found to effectively eliminate the pain of sciatica in five sessions or less, making it one of the more effective treatment options.

Shiatsu works to re-establish the flow of healthy energy throughout the body. The massages are designed to remove energetic blocks that are believed to cause pain. They encourage the body's healing energy to work naturally. The body's natural balance is restored through the proper use of Shiatsu.

Every Shiatsu session is personalized to the individual patient. There is no specific, standard massage for any given ailment. Rather, the practitioner will study the patient and deliver a massage that is designed for that person's specific conditions and source of pain. The ability to customise each treatment plan to every patient based on their flow of ki is part of what makes this treatment so effective.

If you have been suffering from the pain of sciatica, then you should look into the amazing results offered by Shiatsu. You don't have to live with the pain and you may be able to avoid surgery or other drastic treatments. Choose the treatment that will provide you with immediate pain relief and long-term healing. You will leave the sessions feeling more relaxed and enjoying a greater range of motion. You will also feel healthier overall than you have in years.

Author: Unknown.