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## Certified Roling 10 Series- Treating Sciatica and Sleeve

Roling Ten Series session three completes what was initiated in the first-hour, defining the body in three-dimensional space (x,y,z). This session should allow the inhibited tissue in the sleeve to ease, and enable the work to transition to a deeper layer in the fourth session.

 Certified Roling 10 Series- Treating Sciatica and Sleeve

Are you one of the over 80% of adults suffering from back pain? Then you need simple, valuable and expert advice. Dr Graeme Teague is an expert in the structural field, and has been in practice since 1991 - visit The Back Pain Advisor - <http://www.back-pain-advisor.com> for valuable and expert advice, tips and information on your back pain issues.

The simplest of the McKenzie exercises for alleviating sciatica is done by simply lying on one's stomach on the floor or a firm surface and propping one's chest up on the elbows. This places the lower spine in a gentle extension, which can help relieve sciatica by pushing bulging spinal discs forward, and away from the nerve roots that form the sciatic nerve, reducing pressure and irritation. Although you can maintain this position for relatively long periods of time, I recommend doing it for short periods of one or two minutes with a rest break of at least a few minutes in between. The frequent breaks prevent the low back muscles from tightening up as much, and yet still allows for good overall results. For more complex sciatica exercises, getting detailed instructions either through an illustrated guide or an experienced health care practitioner is advised.

Sciatica exercises are an important part of both short and long-term treatment, but it is critical to choose the right exercises. Even commonly-recommended exercises for sciatica may not be indicated during times of severe acute symptoms, and some exercises may only make things worse.

So the question is... How do you relieve pressure off the Sacro-Iliac joints? Simple, you need to get a towel. A simple bath towel and fold it in half length-ways. Then roll it up so you have a cylinder shape.

Correcting these joints will help the other areas to ease somewhat. However you still need to target these areas if you want that total health and freedom from [sciatica](#) pain.

Freedom from [sciatica](#) pain is possible though, especially if you know why sciatica occurs and what you can do to ease your pain. Becoming completely healed, having your flexibility returned and being able to do anything you want or desire is not just a pipe dream.

Your sacrum and occiput work together. So lying on the towel and with both fists on the back of your head helps to take pressure off the joints and ease other pressures in the spine.

For example, while commonly recommended to people with [sciatica](#), exercises such as hamstring stretches and the yoga position, "downward facing dog" can be beneficial as part of managing one's condition once the pain is reduced, these exercises can place tension on the sciatic nerve and aggravate an already inflamed and sensitive condition. In general, any exercise that causes pain to increase in the leg and/or extend further down the leg should be completely avoided during the acute phase of sciatica.

The Tibetan Applicator provides particularly effective treatment for: arthritic pain, lower and upper back pain, sciatica, knee pain, muscle and joint pain in general, insomnia, headache, fat and cellulite.

To get complete and total freedom from your sciatica pain, you need to do this and also the pother techniques in the X-Pain Method. This way you will improve your flexibility, have freedom from back pain, and be able to do all the activities you wish - at home and work and return to total health and fitness.

The Applicator has been successfully used by millions of people for many years all over the world. It eliminates muscle pain, increases the flexibility of joints and increases resistance to muscle fatigue. The Tibetan applicator produces exceptional results in the treatment of sciatica pain, lower back pain, numbness or tingling in legs, pinched nerves, upper back pain, chronic pain in cervical spine, joint pains and spasms.

Sciatica does not need to rule your life. The continuous pain, numbness and frustrations of having poor mobility can ease and disappear. You just need to apply some simple techniques to eliminate your sciatica once and for all.

The Tibetan (Kuznetsov) Applicator is an effective and easy to use acupressure pain relief device. It is made from non-allergenic materials and consists of high density plastic spines which are precisely arranged to best stimulate the body's internal abilities to heal itself.

Scientific research has also shown phenomenal results for sufferers of low or high blood pressure, insomnia and chronic fatigue. The Applicator has an immediate effect on pain caused by hard physical work, over exertion in sport or other physical stress related activities.

The Applicator works by applying non penetrative acupressure on numerous points over an area of the body. The pressure spines stimulate blood flow and lymph circulation locally. Endorphins ("hormones of happiness" or "natural pain killers") are released. These are effective in blocking pain and producing analgesia and a sense of well-being.

To recap - the rolled towel is in the midline of your sacrum - the top edge at belt height - the rest of the towel is therefore over the sacrum and tailbone.

The Sacro-Iliac joints are the link between your spine and your pelvis. These joints if tight create the muscles in your buttock to tighten (namely the Piriformis), they allow the pelvis to become unbalanced and then also allow distortion in the spine.

Unlike most drugs, relief is usually immediate. Over 70 million can't be wrong! They have already got their healthy pain free lives back with the Tibetan Applicator.

This natural pain relief technique requires a special simple but extremely effective device Tibetan (or Kuznetsov) Applicator and can be learned by anyone through the easiest steps of instructed Applications. It has provided effective relief in thousands of clinical cases and the success rate is 80%. Further, it doesn't seem to matter how severe the pain is or how long you have had it.

The main goals in the third-hour are to address structural relationships that limit the lateral line, Z dimension, and address associated rotations/counter rotations in the arms, legs, and torso. Develop a more balanced relationship between the shoulder girdle and thorax enabling it to move freely on ribcage and in lateral line by addressing the structures that shift the body anterior and posterior.

The tissue can be navigated in the three planes of movement and dimension. The Frontal, sagittal, and transverse planes are functional movement planes of potentials (x,y,z) that are usually inhibited because of asymmetries in the tissue and structure. The tissue in a similar manner has three primary planes of potential, it can lengthen, rotate, and flatten (x,y,z).

Sciatica, I'm sure you know, is a real "pain in the butt". It affects your day to day life and stops you enjoying your work and leisure times. At times pin is constant and you may even get numbness in your legs. You may be frustrated that you can't even tie your own shoe laces, or play with your kids, let alone perform totally at work.

Then you need to lie on your back, place the towel under your sacrum. This is the wedge shape bone at the base of your spine. Place the towel so that the top edge is at about belt height and the rolled towel points towards your feet.

This therapy is considered to be the 'mother of acupuncture', in that it was used as a means to stimulate the body's energy flow long before needles were used for that purpose.

Differentiate the arms from the scapula and address inspiration/expiration issues and horizontals by resolving the structures that are associated with the primary tilt contributors. The thorax to pelvis relationship of freeing eleventh and twelfth ribs, Q.L. and thoraco lumbar fascia down to L4 must all be addressed in the third-hour. Tractioning on the clients arm while it is extended above their head in sideline exposes the spatial relationships of these segments. Work to further normalize side bends with rotations in the spine and the effect that it has on the ribs.

During the acute phase of sciatica pain, McKenzie exercises provide one of the best and safest treatment approaches available - more effective than medication and epidural steroid injections in many people. Though often associated with spinal extension and mistakenly called the "McKenzie Extension Exercises", McKenzie method may involve any number of spinal positions/movements. The whole point of the McKenzie method is to evaluate different positions/exercises to find what best produces "centralization" of symptoms.

With sciatica you also need to stretch your Piriformis muscles, remove any tension off your discs and the most important thing to do is take pressure off your Sacro-Iliac joints.

To return to total fitness and to become pain free means you need to address all the factors that cause your *sciatica*. You need to realign your spine, balance your pelvis, relax tight muscle and strengthen weak muscles. All simple things to do at home...

McKenzie practitioners use the word "centralization" when the pain and other symptoms are relieved in the areas the greatest distance away from the spine. To give an example, in a person with sciatica all the way down the leg to the foot, centralization might occur in which the pain left the foot and lower leg and then only extended down to the knee. Or, if sciatica symptoms started out going as far as the knee, centralization would be if the symptoms left the thigh and only went as far as the hip area.

The Certified Roling Ten Series has the ability to reduce pain and release tension in the connective and myofascial tissue of the body associated with TMJ, CTS, RLS, Fibromyalgia, Sciatica, Fascitis, Bunions, Scoliosis, and Cerebral Palsy. Fascial asymmetries can cause foot, leg, knee, hip, back, shoulder, neck, arm, hand, and head pain; integration therapy is necessary. Orthopedic, Chiropractic, Physical, and Massage Therapist recognize Roling and Rolf Movement as premium pain management utilizing Structural, Functional, and Postural Integration.

Then all you need to do is lie there. While you lie make two fists and place these under your head on the rounded area of the back of your skull. Why?

Sign up for free professional back pain advice at The X-Pain Method and say goodbye to pain forever. - <http://www.back-pain-advisor.com/help>

There is a natural source of healing power in everyone. When this healing power is activated, it triggers a series of complicated internal processes producing a Healing Response. Pain or injury act to alert the body that damage control is needed, at which point the Healing Response begins and endorphins are generated to repair the affected area. This increases the heart rate and alters the blood pressure to speed up the elimination of toxins from the damaged area.

You may have fears that it will become worse and that you may end up having surgery. Or worse become permanently disabled due to the pain, as a cure is very hard to find.

This is a great opportunity to detail work up each vertebrae addressing side bends with rotations, and drift's of the thorax. The position of the vertebrae dictate's the direction of the drift. The ribs are directly affected by the asymmetry in the spine. The ribs are directly affected and acted upon by the position of the segments above and below one another. Make sure to work the x,y,z planes in the tissue of the IT band lateral line and continue to horizontalize the pelvis.

Acupressure is also known to aid your health in a number of other positive ways - including reducing stress and tension; increasing blood circulation; aiding in the removal of toxic wastes; providing relief from head, neck and shoulder aches; promoting healing; increasing energy levels; and increasing feelings of well-being.

It is as simple as that. Just lie there for about 5 minutes and then get up gently and go for a few minute stroll. Easing your [sciatica](#) is easy and quick. You cannot do these types of techniques wrong and they help relieve pain quickly.

John Barton, Certified Rolfer & Roling-Fort WorthDallas-Austin-Arlington Denton-Texas-Oklahoma [rolfmovement.com](http://rolfmovement.com), [certifiedroling.com](http://certifiedroling.com), [budokamp.com](http://budokamp.com), [certifiedroling.com](http://certifiedroling.com), [certifiedroling.com/Contact](http://certifiedroling.com/Contact), [certifiedroling.com/Rolifing](http://certifiedroling.com/Rolifing), [certifiedroling.com/FAQS](http://certifiedroling.com/FAQS), [certifiedroling.com/Articles](http://certifiedroling.com/Articles), [certifiedroling.com/John](http://certifiedroling.com/John),

A position or exercise that results in symptom centralization is one that will be beneficial, even in situations where symptoms increase for a time in areas closer to the spine. For example, if you had sciatica and low back pain and tried one of of the McKenzie exercises and the sciatica completely went away but the back pain got worse, the exercise would still be considered beneficial and it would be recommended to continue using it. In the long run, a [sciatica](#) exercise that produces centralization will usually eventually result in improvement in all symptoms, even if more central (closer to the spine) symptoms get worse at first.

Address the interosseous membrane of low leg by addressing the x,y,z planes in the tissue and the tibia fibular relationship. Seated back work in flexion and extension, and push reach with pelvic triangle awareness. The back work at MDH should lengthen front and back proportionately. The client should be seated on rami with cued direction of awareness, rolling forward into flexion (yield) and extending up (push). Pelvic lift, general neck work and lift at the sub occipitals to end.

Use of the Applicator results in complete relaxation free from pain or stiffness.

About the Author:

Care for Health is dedicated to the pursuit of health using the incredible power of the human body to heal itself. More info you will find at <http://www.careforhealth.co.uk>>CareforHealth

About the Author:

Dr. George Best has been treating sciatica patients for over 15 years. For a free e-book on sciatica exercises and to access his informational online video series on sciatica and the treatment options for it, visit his website on [sciatica self care](#).

Edward Wiggin

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