



## Sciatica/ Piriformis Syndrome- What, Where, How Why: Learn to Understand the Feeling and Healing of Your Pain! (Paperback)

By Jonathan Fitzgordon

Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Sciatica (a pain in the back) and piriformis syndrome (a pain in the butt) are two of the most common causes of chronic pain. An untold number of people suffer each day from dull aches or shooting pains all the way down to the heel that eventually lead to numbness in the foot. Diagnoses of these two conditions are often confused, leading to further discomfort and longer periods of pain. Getting to know and understand your body and its pains is an alternative to yet another trip to the doctor or the physical therapist s office. This slim volume will teach you about these conditions and help you learn to help yourself to alleviate pain and heal permanently.



READ ONLINE  
[ 7.91 MB ]

### Reviews

*I actually started looking at this pdf it was writtern extremely properly and valuable. I am very happy to inform you that this is basically the greatest book i have read through during my very own daily life and might be he finest pdf for actually.*

*-- Jacey Krajcik DVM*

*A must buy book if you need to adding benefit. It can be rally exciting through reading time. I am pleased to let you know that this is the greatest publication we have read through during my very own life and may be he best publication for possibly.*

*-- Mr. Kade Rippin*