



Sciatic Pain Can Be Caused from Sacrum Mis-alignment

By Victoria L Magown

Yes, your chiropractor manipulates your sacrum and you feel better for one or two days, maybe a week. Then the low back and sacrum pain returns with a vengeance and the pain goes roaring down the back of your thigh and calf to your foot.

There is a reason this is happening and we can do something about it. Originally, we were taught that the sacrum could rotate and sidebend. And it does do that. But recently, I have found that the sacrum can also be held posterior (back) by the Fascia. When this happens, the lateral edges of the sacrum rub against the Ilium (hip bones).

This area where the sacrum and ilium meet is called the SI Joint—Sacrum/Ilium Joint. And many of the nerves that exit in this area travel all the way down to your feet.

Now, we have a problem as these nerves are being compressed depending on what you have been doing and in what position you have been keeping your body.

Releasing the Fascia above, around and over the sacrum is the key. Recently, I have treated several cases that once we released this thick, restricted Fascia; the sacrum is free to move appropriately. Then we do a Muscle Energy Technique to bring the sacrum into proper alignment. When the person gets off the table, they can do a mini-back bend with no pain and also flex and bend their back in any direction without pain. It is quite exciting.

I so enjoy working and coordinating treatment with Chiropractors. Once we have released the very thick and restricted Thoracolumbar Fascia above, around and over the sacrum, then a Chiropractic adjustment will hold with lasting relief of the Sciatic Pain. I suggest about six appointments initially to get your pain under control.

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