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Sciatica/ Piriformis Syndrome- What, Where, How & Why: Learn to understand the feeling and healing of your pain!

Jonathan FitzGordon

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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.

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