

I. **Intro to Treatment of Sciatica/Back Pain Video Series (Absolutely FREE!)**

How to use this program:

This is a free program made up of a series of videos designed to help you manage or heal your back and leg pain caused by sciatica. The video series is currently a work in progress. We may add, delete, or alter the information or videos based on your feedback.

Try not to be intimidated by the number of videos that make up this free program. You may not need to watch all of them. We do however recommend, at a minimum, you watch videos 1-4 to start. In addition, watch the videos whose titles appear relevant to you.

For example, if you are experiencing back spasms, watch the video about back spasms. If your back is crooked, watch the video on that topic. Otherwise, you can skip those videos. There is a lot of videos, but you can watch them over a several week period and absorb the information as you go.

We recommend watching relevant video several times. Those who understand and follow the details of relevant videos have a much greater chance at success.

If helpful, print out the GUIDE sheet that accompanies each video. The GUIDE sheet will provide you with a portable copy of the information presented in each video.

Questions?

We are unable to answer questions about your specific case of back pain and sciatica. However, we absolutely value your feedback. Please let us know if a video is unclear or if further information is needed. If you do have a question about a certain video, please include the title of the video with the question.

DISCLAIMER

We insist that you see a physician before starting this video series. Furthermore, this video series is not designed to replace the treatment of a professional: physician, osteopath, physical therapist, orthopedic surgeon, or chiropractor. It may however serve as an adjunct. Do not go against the advice of your health care professional. When under the care of a professional make certain that they approve of all that you try. This information is not intended as a substitute for medical treatment. Any information given about back-related conditions, treatments, and products is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this publication. Before starting an exercise program, consult a physician.