

SCIATICA RELIEF

THE SIMPLE STEP-BY-STEP PROCESS TO ELIMINATE SCIATICA NOW

A GUIDE TO REDUCING PAIN AND
RESTORING MOVEMENT



DR. PADEN WOLFE



INTRODUCTION

Understanding Sciatica and Why It Happens

Sciatica is one of the most frustrating and debilitating conditions people experience, causing pain that radiates down the leg, often accompanied by tingling, numbness, or weakness in the leg.

If you've been struggling with sciatica, you're not alone—millions of people experience it at some point in their lives.

But here's the good news: You don't have to live with sciatic pain. With the right approach, you can reduce and even **eliminate your discomfort**—without surgery, medications, or endless frustration.

In this guide, we'll walk you through a simple, step-by-step process to relieve sciatic nerve pain, correct movement patterns, and regain mobility so you can **get back to doing what you love**.

Let's dive in!

ABOUT MILE HIGH PHYSICAL THERAPY

Mile High Physical Therapy: Helping You Get Back to What You Love

Located in the heart of Denver, CO, Mile High Physical Therapy is dedicated to helping people regain movement, strength, and confidence—**without unnecessary surgeries or medications.**

We understand how frustrating it is to struggle with sciatic nerve pain, especially when previous treatments haven't worked. Sciatica can interfere with your daily life, making simple tasks—like walking, sitting, or bending—painful and exhausting.

That's why we take a comprehensive approach, combining cutting-edge techniques, hands-on therapy, and personalized exercise plans to address the root cause of your pain, not just the symptoms. **Our mission is simple: help you move freely and live pain-free.**



www.milehighphysicaltherapy.com

ABOUT DR. PADEN WOLFE

Meet Dr. Paden Wolfe: 30+ Years of Experience in Restoring Pain-Free Movement

With a career spanning over three decades, Dr. Paden Wolfe, MSPT, DPT, has helped thousands of patients overcome sciatica and lower back pain without surgery.

His expert understanding of anatomy, biomechanics, science and movement allows him to develop effective, customized solutions for each patient.



His comprehensive approach to physical therapy includes:

- ✓ **Manual therapy & hands-on techniques** to alleviate nerve pain and regain mobility in your spine and leg with expert treatment that is specifically tailored to your needs
- ✓ **Biomechanical assessments** to identify imbalances contributing to nerve compression
- ✓ **Dry needling** for targeted pain relief and muscle relaxation
- ✓ **Custom home exercise programs** to strengthen the core and prevent sciatic pain from returning

If you've tried stretching, medications, or other treatments but still struggle with sciatica, you haven't tried Dr. Wolfe's specialized, research-backed approach. His goal is simple: to help you **achieve lasting relief and get back to doing what you love.**

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THE POWER OF POSTURE: HOW SITTING IMPACTS SCIATIC NERVE PAIN

If you spend long hours sitting—whether at a desk, in the car, or on the couch—you may be unknowingly aggravating your sciatic nerve.

Why?

When you sit with poor posture, the lumbar spine (lower back) rounds forward, placing excessive pressure on the discs and nerves. Over time, this can compress the sciatic nerve, causing irritation, pain, and numbness down the leg.

The Solution: Sit Smarter, Not Longer

- Sit with your feet flat on the floor and your knees level with or slightly below your hips.
- Use lumbar support (a rolled-up towel or a cushion) to maintain the natural curve of your lower back.
- Avoid slouching—keep your shoulders back and your head aligned with your spine.
- If you sit for long periods, stand up and move every 30-45 minutes to relieve pressure.

Postural corrections may seem small, but they can significantly reduce sciatic nerve irritation over time.

WHY FORWARD BENDING CAN MAKE SCIATICA WORSE

Many people instinctively bend forward when stretching or moving, believing it will ease back pain. However, if you have sciatica, forward bending may be making things worse.

What Happens When You Bend Forward?

Bending forward increases pressure on the lumbar spine, compressing the discs and further irritating the sciatic nerve. If you feel a sharp, shooting pain when bending forward, this is a sign that your nerve is being pinched.

What to Do Instead:

- Avoid rounding your lower back when picking something up. Instead, hinge at your hips and keep your back straight.
- When sitting, avoid slumping forward or hunching over a laptop—maintain proper spinal alignment.
- Focus on spinal extension movements (covered in the next section) to create space in the lower back and relieve nerve pressure.

If you frequently bend forward out of habit, start **becoming more mindful of your movements**—this small change can make a big difference in your pain levels.

THE ROLE OF SPINAL EXTENSION MOVEMENTS IN SCIATICA RELIEF

One of the most effective ways to relieve sciatic pain is by using spinal extension movements—exercises that encourage a gentle backward bend of the spine.

Why It Works:

When the spine moves into extension, it can help reposition herniated or bulging discs that might be pressing on the sciatic nerve. It also encourages better spinal alignment and reduces nerve irritation.

Try The Simple Sciatica Relief Exercises:

EXERCISE #1: PRESS-UPS (PRONE LUMBAR EXTENSIONS)

How to Perform:

1. Lie face down on a mat.
2. Place your hands under your shoulders and gently press your upper body up, keeping your hips on the ground.
3. Hold for 5-10 seconds, then slowly lower.
4. Repeat 10-15 times, twice per day.



EXERCISE #2: STANDING BACK BENDS

How to Perform:

1. Stand tall with feet hip-width apart.
2. Place your hands on your lower back for support.
3. Gently lean backward, looking up toward the ceiling.
4. Hold for 5 seconds, then return to standing.
5. Repeat 5-10 times throughout the day.



These movements create space in the lower spine, helping to relieve sciatic nerve pressure and promote healing.

CORE STRENGTHENING: BUILDING STABILITY FOR LONG-TERM RELIEF

While stretching and posture adjustments provide relief, building a strong core is key to preventing future sciatic pain.

A strong core helps support the lower back, reducing strain on the discs, joints, and nerves. The right exercises will stabilize your spine and improve overall movement patterns.

Start with These Core Exercises:

EXERCISE #1: ABDOMINAL BRACING

How to Perform:

1. Lie on your back with knees bent and feet flat on the floor.
2. Gently tighten your lower abdominal muscles as if pulling your belly button toward your spine.
3. Hold for 10 seconds, then relax.
4. Repeat 10 times, twice per day.



EXERCISE #2: PLANKS

How to Perform:

1. Start on your forearms and toes, keeping your body in a straight line from head to heels.
2. Engage your core and glutes, avoiding sagging in the lower back.
3. Hold for 20-30 seconds to start, gradually increasing time as you build strength.
4. If this is too challenging, modify by doing a knee plank (keeping knees on the ground).



EXERCISE #3: BIRD DOG

How to Perform:

1. Start on all fours, with hands under shoulders and knees under hips.
2. Extend one arm forward and the opposite leg backward, keeping your back flat.
3. Hold for 5 seconds, then switch sides.
4. Repeat 10 times per side.



Strengthening these deep core muscles will provide better support for your spine, reducing strain on the sciatic nerve and helping prevent future flare-ups.

FINAL TIPS FOR SUCCESS

- Move often—sitting for long periods can aggravate symptoms.
- Avoid repetitive forward bending—be mindful of posture in daily activities.
- Strengthen your core—a strong core supports spinal health.
- Use proper lifting techniques—engage your hips and legs instead of rounding your back.

Sciatica relief isn't about quick fixes—it's about creating lasting changes that keep your body pain-free and mobile for the long run.

NEXT STEPS: HOW MILE HIGH PHYSICAL THERAPY CAN HELP YOU

At Mile High Physical Therapy, we specialize in helping people regain pain-free movement through customized treatments. Our comprehensive approach includes:

- ✓ **One-on-one physical therapy sessions** tailored to your needs
- ✓ **Advanced techniques such as dry needling** for pain relief
- ✓ **Hands-on manual therapy** to improve mobility
- ✓ **Individualized 3D home movement programs** to support recovery

If you've tried other methods and haven't found lasting relief, **our expert team is here to help.**

www.milehighphysicaltherapy.com

Conclusion and Next Steps

Sciatica doesn't have to control your life. With the right movements, postural adjustments, and strengthening exercises, you can reduce nerve irritation, restore mobility, and move pain-free again. Start incorporating these simple steps today, and if you need personalized guidance, we're here to help.

Take the First Step Toward Sciatica Relief Today



Don't let sciatic pain hold you back from doing what you love. Whether you want to stay active, keep up with your family, or simply move without discomfort, we're here to help. Book your free discovery visit today and start your journey to pain-free movement!

BOOK A FREE DISCOVERY VISIT TODAY!

<https://www.milehighphysicaltherapy.com/discovery-visit/>

We're here to support you beyond this guide. Visit our website or reach out directly for expert tips, movement assessments, and personalized care. Let's get you back to moving freely—without pain slowing you down!



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