

Restoration Health Chiropractic Shares Educational Resource on Sciatica Care

August 14, 2026

LITTLE ROCK, AR - August 14, 2026 -
Restoration Health Chiropractic has published educational materials describing sciatica and the practice?s assessment process. The resource outlines common features of the condition and the steps used in evaluation at the practice, providing information for individuals seeking to understand nerve-related leg pain.

Sciatica, also referred to as sciatic neuralgia, involves pain that radiates from the lower back or buttocks down the leg and into the foot. According to the practice?s materials, the sciatic nerve originates in the lumbar spine and extends through the buttocks and leg. The materials state that the pain can relate to compression or irritation of the nerve roots, most commonly associated with disc injuries or bulges. Symptoms can include radiating pain, weakness, tingling, or numbness that affect daily activities such as sitting or standing for extended periods.

The practice?s evaluation process begins with a consultation with a doctor to discuss concerns, health history, and goals. This discussion helps formulate an initial understanding of the individual?s presentation. It

is followed by a spinal examination that may include motion and static palpation, range of motion assessment, digital posture analysis, and orthopedic and neurological testing. Digital motion X-rays are used when clinically indicated to observe joint function in real time and to assist in developing a care plan. Imaging decisions are based on the individual presentation rather than applied routinely to every patient. The practice describes these tools as supporting observation of joint movement that static images may not capture.

Gentle spinal adjustments form part of the care offered at the practice when appropriate. Chiropractic adjustments in Little Rock at Restoration Health Chiropractic include techniques associated with Chiropractic Biophysics. The practice describes this approach as drawing on principles of anatomy, physiology, neurology, physics, and geometry to support individualized protocols focused on spinal alignment. The practice states that Chiropractic Biophysics is supported by peer-reviewed studies and textbooks within the chiropractic profession.

The 2017 clinical practice guideline from the American College of Physicians on noninvasive treatments for acute, subacute, and chronic low back pain recommends nonpharmacologic options that may include spinal manipulation as an initial treatment consideration for certain patients with low back pain. The guideline notes that many cases of acute or subacute low back pain improve over time and emphasizes selecting therapies with fewer harms when appropriate.

Dr. Michael Butler, Owner and Chief Vision Officer at Restoration Health Chiropractic, said, "Our educational materials on sciatica emphasize a thorough assessment to identify contributing factors, followed by gentle adjustments when appropriate as part of an individualized plan based on examination findings."

The clinical team includes Dr. Michael Butler, a native of Hope, Arkansas, who earned a bachelor?s degree in nutrition from the University of Central Arkansas and his doctor of chiropractic degree from Life University. He received advanced training in Chiropractic Biophysics, pediatrics, maternal care, and full spine techniques during his studies. His background includes experience as a multi-sport athlete and personal trainer prior to entering chiropractic practice.

Dr. Keith Beachy serves as Lead Doctor. An Arkansas native from Fort Smith, the practice states that he is a board-certified chiropractor and certified functional medicine practitioner. He is also board certified in neuropathy and is working toward a Diplomate with the American Clinical Board for Nutrition. He completed a bachelor?s degree in exercise science from the University of Arkansas and his doctor of chiropractic degree from Parker University. His prior experience in an integrated care setting with physical therapists, nurses, and other providers informed his approach to addressing underlying factors.

The practice?s mission is to serve the community through neurologically-based corrective chiropractic care. Its vision centers on empowering individuals to make informed health decisions for their families, with the aim

of supporting a generation that relies less on medications and is better able to pursue personal purposes. Patient education is included as part of the care process, helping individuals understand conditions such as sciatica and the role of evaluation and spinal care.

Restoration Health Chiropractic develops care plans based on examination findings from the consultation, physical assessment, and any indicated imaging. Follow-up visits monitor aspects of alignment, mobility, and reported function. Educational resources on the practice?s website provide additional information about sciatica, including descriptions of the nerve pathway and common associated factors, to support informed decision-making.

The practice operates with a patient-centered model that prioritizes customized approaches. The facility supports structured evaluations in an environment designed for comfort during assessments. Digital posture analysis and other tools contribute objective data when used as part of the examination process.

Sciatica pain relief is addressed through the practice?s evaluation and care protocols at its locations serving the area. The educational resource supports understanding of the condition alongside clinical services focused on assessment and individualized planning.

Additional team members contribute expertise in areas such as kinesiology, strength and conditioning, and biomechanics, supporting the overall approach to care. The practice continues to apply consistent protocols while adapting recommendations based on each patient?s unique findings from the examination process.

Restoration Health Chiropractic maintains its foundation in chiropractic principles centered on spinal evaluation and correction. Services address structural factors through assessment, adjustment when indicated, and patient education. The practice continues to provide care grounded in these processes for individuals seeking information and support related to sciatica and related spinal concerns.

The publication of the educational resource reflects the practice?s ongoing emphasis on informing the community about common conditions and the steps involved in professional evaluation. By combining detailed assessment tools with patient education, the practice aims to support individuals in understanding their health concerns within the context of neurologically-based care.

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Restoration Health Chiropractic

Our passion at Restoration Health is helping you achieve your health goals through chiropractic care, wellness-focused treatments, and cutting-edge therapies.

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