

Transform Chiropractic in Toronto Discusses the Causes of and How to Care for Sciatica Pain

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Transform Chiropractic, a highly rated chiropractic clinic in Toronto, ON, is educating local patients about the dangers of sciatica, its root causes, and what recovery looks like.

Manifesting as a sharp pain that shoots through the lower back, down to the buttocks, and even down through the leg, sciatica can be a debilitating experience. The pain radiates into the lower extremities and causes other symptoms such as numbness, pins, and needles, or other altered sensations. Patients also report weakness in the legs and difficulty walking, as if the leg which is affected might give out.

The most common cause of the condition, around 90% of diagnoses at the Toronto chiropractic clinic, is the pinching of the sciatic nerve in the lower back. The sciatic nerve, the largest nerve in the body, branches off from multiple points along the spine and it might trigger pain when it gets compressed or irritated at any of these points.

Most often, sciatica results from the progression of a chronic lower back problem, chronic disc degeneration, disc herniations, or arthritis. It can also develop unexpectedly due to an acute condition caused by lifting something extremely heavy using poor technique, bending improperly, or poor exercise technique.

Dr. Byron Mackay at Transform Chiropractic recommends 5 steps for patients suffering from sciatica. He says, ?Start by avoiding doing the activities that have led to the condition in the first place. Sitting improperly or bending forward for a prolonged time causes your spine to lose its natural curve. This transfers the compressive load onto your vertebra leading to a bulging or herniated disc. So, if you are required to maintain a position throughout your workday, check your posture, stay upright, and move around. If these are too painful, your best option is to lie down. Also, avoid bending forward, especially during the first 30 to 60 minutes after waking up.?

On the clinic?s YouTube channel, Dr. Mackay walks viewers through the right way to get out of bed with sciatica. He also recommends and teaches exercises and stretches to his YouTube viewers, such as the sciatic nerve flossing exercise, the piriformis sciatica stretch, and more. Aggressive hamstring stretches should be avoided as they only end up irritating the sciatic nerve.

?The most important thing to remember is that reversing sciatica pain takes time,? says the Toronto chiropractor. ?Moreover, if your sciatica becomes severe enough, it can lead to actual compression of the spinal cord due to a narrowing of the spinal canal, a condition that is called spinal stenosis which may require surgery. At the end of the day, everyone?s body is different and may need varying levels of attention depending on the extent of the condition. For personalized healthcare advice, we urge you to visit Transform Chiropractic and consult with me or Dr. Viglasky.?

Transform Chiropractic has been serving patients from Toronto, Bloor West Village, Swansea, The Junction, Etobicoke, High Park, and surrounding areas since 2002. Dr. Mackay and Dr. Viglasky can help patients with conditions such as lower back pain, neck pain, headaches, migraines, shoulder pain, piriformis syndrome, frozen shoulder, rotator cuff injuries, sacroiliac dysfunction, hip pain, sports injuries, postural imbalance, torticollis, pregnancy back pain, sprains/strains, osteoarthritis, herniated discs, pinched nerves, repetitive injuries, and more.

Over the years, Transform Chiropractic has developed a stellar reputation in the local community for delivering thoughtful and compassionate care using a range of corrective chiropractic adjustment techniques (Diversified, Thompson, Gonstead, Activator) and specific corrective home care techniques. The clinic?s services have benefited everyone from pregnant moms-to-be to newborns, athletes, and seniors. On its Google Business Profile, the clinic has a near-perfect overall rating of 4.9 out of 5.0 from over 175 reviews.

A recent review says, ?Dr. Mackay and team are super kind! The care provided by this office is exceptional.

Dr. Mackay tracks your progress throughout your visits - stick with it, I noticed improvements after a few consecutive months of treatment.?

Readers in Toronto can contact Transform Chiropractic at (416) 604-4184 to schedule an appointment.

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For more information about Transform Chiropractic, contact the company here:Transform ChiropracticDr. Byron Mackay416-604-4184transformchiro@gmail.comToronto West Professional Centre, 2425 Bloor St W #410, Toronto, ON M6S 4W4

Transform Chiropractic

Transform Chiropractic is an award-winning Toronto chiropractic clinic located in Bloor West Village. Dr. Byron Mackay and Dr. Elizabeth Viglasky have been helping patients with sciatica, neck pain and back pain for over 20 years.

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