

Break Free from Sciatic Pain



**The Real Truth About Sciatica Treatments. What works
and What Does Not!**

Hi my name is Kim Nartker,

I worked in the field of physical therapy for over 20 years and found people experiencing sciatic pain were stuck in a cycle of pain and tightness for many years. So I decided I wanted to help in a different way. In 2020, I rolled out a new program that was a game changer for sciatic pain.

I founded The Stretch Mobility Coach™ and my coaches offer The Stretch Method® to clients that have experienced sciatica and have not found long term results from traditional care models.

In this digital download, I want to provide you with more information on current treatments and want to break each one down in an attempt to help you choose a treatment that will help you BREAK FREE from sciatic pain for good.



Kim Nartker

Sciatica affects one out of every two people in the US alone. Causing many people to take drastic treatment measures to manage their sciatic pain symptoms during their lifetime.

Practitioners around the world boast how they can STOP sciatic pain in its tracks and still we have people suffering from sciatic pain and tightness everyday.

How do you know what treatment to seek out? What will work for others, may not work for you. It is all so confusing, what can you do to make sure the treatment you choose will work for you.



I want to break all of this down for you today.....

How many times have you sought a quick fix for sciatic pain or tightness in your lower back only to find that treatment was not long lasting?

Quick fixes are typically bandaid treatments that provide only short term relief from your sciatic pain.

Practitioners around the world boast how they can STOP sciatic pain in its tracks and still we have people like you suffering from sciatic pain and tightness everyday.

How do you know what treatment to seek out? What will work for you while providing you with long term results. What seems to work for some of you, may not work for all of you. It is all so confusing, what can you do to make sure the treatment **you choose** will work for you?

I want to break all of this down for you today.....

Let me start by defining what I consider a quick fix. A quick fix is a treatment that feels really good when you are receiving it, but it does not provide you with lasting results.

Some common quick fixes are:

- Massage guns
- Foam Rollers
- Devices that put pressure on the nerve below your knee
- Cupping
- Any wearable device, that claims to resolve your sciatic pain

Common treatments currently available for sciatic pain:

- Yoga
- Stretching
- Massage
- Physical Therapy
- Chiropractic
- Stretch Mobility Coaching
- Acupuncture/Dry Needling
- Steroid Injections
- Ablation

Each of these treatments offer a specific outcome for you and your sciatica. All of these practitioners claim they fix sciatica, but what they don't state is how long it takes for the sciatica to be resolved and how long the sciatica will stay away.



I want to briefly discuss each of these treatment options for you.

Let's start with **Yoga**. Yoga comes in many varieties and at its core is one of the most effective ways to stretch while connecting your mind body and spirit. I don't teach yoga, but do refer clients to yoga instructors so that my clients can maintain and improve their flexibility.

Yoga is very effective in improving flexibility over time. It also helps calm your mind, help you relax and focuses on proper breath work. If you are experiencing sciatic problems it is urgent that you seek care from a **sciatic nerve specialist** so that you get the pressure off of the nerve fast so that your nerve is not damaged or more is not going on.



Assisted Stretching

Stretching is an effective way to reduce pain symptoms and calm the nervous system. Many people that are experiencing sciatic pain seek care from a stretching specialist in order to improve their sciatic symptoms. Stretching specialists are typically personal trainers, or other fitness professionals that are **not specially trained in sciatic relief**, so seeking care from a stretching specialist should not be your first step. Many people feel stretching is the answer, but stretching, may be part of your problem.

However, when you resolve your sciatic symptoms and want stretching, assisted stretching or personal stretching can be a great healthy way to keep your muscles flexible. **If you are looking to fix the sciatic pain for life, your best choice would be to seek care from a sciatic specialist immediately.**

Massage therapy is an effective treatment to relax muscles and improve symptoms of tightness. Although massage can improve muscle tightness you would have to attend massage 2x/week for many weeks in order to affect the root cause of sciatic issues.

Many people seek care from massage therapy when diagnosed with sciatica. **Again it's urgent** that if you have sciatica that you seek care from a **sciatic nerve specialist** so that you take the pressure off of the nerve quickly to avoid long term damage. Most people that seek care from massage also are in treatments that will improve the root cause of sciatica.

Physical Therapy offers treatment for sciatica with a focus to get the pressure off of the sciatic nerve quickly. When the sciatic nerve symptoms improve and pain is managed at a 3 or lower, physical therapist and physical therapy assistants will discharge you with a home exercise program. This does not mean that you are fixed when your sciatic pain is down, in fact, after this pain is down, this is when you need to fix and restore the damage created.

Some people that experience sciatic symptoms will discharge from PT with improved symptoms shortly after discharge, this means that the root cause of the sciatic nerve compression has not been resolved. If you fall into this category keep reading to see what your next steps can be to resolve your sciatic symptoms for good.

Chiropractic care is very effective for sciatic relief. This care model typically takes Xrays and can pinpoint where the sciatic nerve is pinched. Chiropractic programs typically are 2x/week and are typically combined with massage therapy. This model of treatment for sciatica helps many people, but for a few people, more is needed to stabilize the spine too keep the sciatic symptoms from returning. If you fall into this category, keep reading to learn more about what you can do to resolve your sciatic pain for good.

Stretch Mobility Coaches are specially trained in resolving pain and tightness long term. These coaches to provide the stretch method®. This treatment approach was developed as a longer term solution that finds the cause of pain and tightness, then focuses treatment in longer term relief programs. A Stretch Mobility coach specializes in the long term resolution of sciatica. This program improves the mobility of all the joints in the spine, hips and pelvis, combined with a proven reconditioning program that dives deeper into the root cause of sciatic pain.

A Stretch Mobility Coach™ provides care to clients searching for long term relief from sciatic pain symptoms while working to resolve the root cause of the sciatica and rebuild the nervous system, motor pathways, muscles and joints. This treatment methodology also dives deeper into the damage left behind from the sciatic symptoms and provides a treatment approach that rebuilds the muscle, restores joint mobility and stops the advancement of degeneration that typically lead a person with sciatic symptoms down a path to surgeries. A Stretch Mobility Coach™ will work with you while you are in PT and or Chiro so that while you are working to resolve the sciatic pain the SMC is working on keeping your sciatic symptoms away for life.

- **Acupuncture/Dry Needling** are effective tools to improve the energy flow and improve sciatic symptoms. This method is typically used as a tool to maintain pain relief, but will not fix the root cause of your sciatica.
- **Steroid injections** are offered to decrease the inflammation in the nerve and are usually combined with physical therapy. For many people this will effectively improve sciatic symptoms, but will not keep the sciatica from returning long term. To keep sciatic pain from returning, the only long term solution is to seek care from a Stretch Mobility Coach.
- **Ablation** is an outpatient surgical procedure that burns the sciatic nerve so that the nerve does not send signals of pain to the brain. This treatment is not the first choice as it damages the nerve. For those people that NEVER get relief from sciatic pain, this solution may be your only option if you have already seen a chiro, physical therapist and a stretch mobility coach and did not get resolution of your sciatic symptoms.
- Life demands take a toll on our bodies, and most of us experiencing pain and tightness can't seem to find long-term relief. This is because pain and tightness are game changers. Any who experiences pain or tightness will not improve pain and tightness long term without seeking care from a Stretch Mobility Coach™ !

My name is **Kim Nartker**, and I founded the Stretch Mobility Coach™ and the Stretch Method® to help people experiencing pain and tightness **finally get long-term relief**. Our goal is to help keep you away from surgery. We do this by finding the root cause of your sciatica and building successful programs that treat the cause and restore the damage from the cause of sciatica.

The problem with many approaches is that they provide temporary relief, like putting a Band-Aid on a wound. The Stretch Mobility Coach™ is completely different. We focus on getting to the source of the problem, educating you on what's causing it, and prescribing a program to rebuild the neuromuscular skeletal system. So that you can **BREAK FREE** from sciatic pain and rebuild your neuromuscular system.



As a Stretch Mobility Coach™, I've witnessed countless success stories. I've seen people who have struggled with sciatic pain and limited mobility finally **break free from the cycle**. We do this by incorporating a proven holistic approach that utilizes the Stretch Methodology .

This method focuses on finding the cause of pain and tightness. A Stretch Mobility Coach™ is specifically trained in this method and will build a successful long-term program tailored to your specific needs and goals.



Our approach is tailored to your unique needs. We will analyze your joint mobility at every joint, assess muscle function and health, and then tailor a plan to help you see improvement that will lead you towards lasting relief from pain, tightness, and sciatica. It's a personalized program that is proven to resolve your sciatic pain for good.

Successful sciatic pain relief requires treatment that improves and restores joint mobility in several key areas. You need to address and improve damage caused by degenerative changes, then analyze that degenerative change and be able to restore what you can and prevent further progression. After that, you need to stabilize deep joints and ensure the muscles are firing correctly.

Our first step in helping you when you are experiencing sciatic symptoms is to effectively resolve your sciatic symptoms. We typically can relieve sciatic symptoms in less than 2 weeks. If we can't we will get you out to a specialist quickly to ensure full resolution of sciatica.

The Stretch Mobility Coach™ will not only address these issues but also empower you with the tools and knowledge to correct the joint mobility problem. We will take you through a program that includes regeneration treatment, joint mobility, joint stability, and rebuilding the muscles that were damaged. This cycle of muscle deterioration won't stop until you break it completely and the joint, nervous system, and muscle start communicating correctly.

A skilled Stretch Mobility Coach can make sure these things happen every session. Then, when you're ready, we can advance stabilization and rebuild your deteriorated muscles to a more healthy state.

*If you're **tired of temporary fixes**, it's time to make a change. Invest in yourself, your well-being, and partner with a Stretch Mobility Coach™ It's not just about fixing your pain; **it's about reclaiming your freedom, vitality, and joy and making sure you're not on a path to surgery.***

If you're ready to take the first steps in a pain-free future, and finally break free from sciatic symptoms click the link below and find a coach near you today.

[Click HERE to Find a Coach Near You](#)