

ELECTRICAL TREATMENT OF PAIN CAUSED BY THE SCIATIC NERVE

FOREWORD. *This process has been successfully tested for several years and its effectiveness has also been verified by the global community.* Before reading about any of the treatments, you should learn about TENS (Transcutaneous Electrical Nerve Stimulator), which is equivalent to medicine, and see its characteristics by reading the corresponding file contained in this same package. You can purchase it online, just make sure that the "Stimulation Modes" include the option: "Normal or Constant." If this treatment does not cure you, you should see your treating physician.

This nerve emerges from the lower lumbar vertebrae, crosses the hip, and runs behind the thigh, through the calf, to the sole of the foot on each side of the body. The pain it causes is intense and can last for several weeks. As with other conditions, the effectiveness of electrical current in treating this type of condition is remarkable and could alleviate the problem in a couple of sessions, regardless of whether the cause is pressure on the spinal disc or something else. It usually occurs in only one leg, but if it were in both, the treatment would be the same for each. Eliminating pain from any part of the body was the main reason behind the launch of TENS on the market.

The treatment for this condition is very simple and can be achieved in just a few steps, as shown below, yet it remains a global problem with no medicinal solution at present.

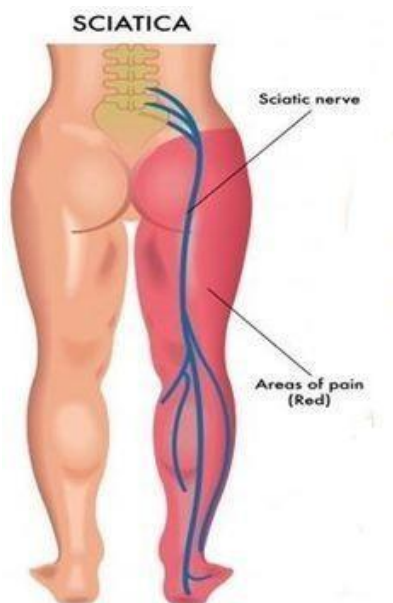


Figure 1. Position of the sciatic nerve.

TREATMENT PARAMETERS.

Time. "In all positions, the duration of treatment should be 10 minutes."

Intensity. The intensity of the current should be increased until the person feels it but without causing pain.

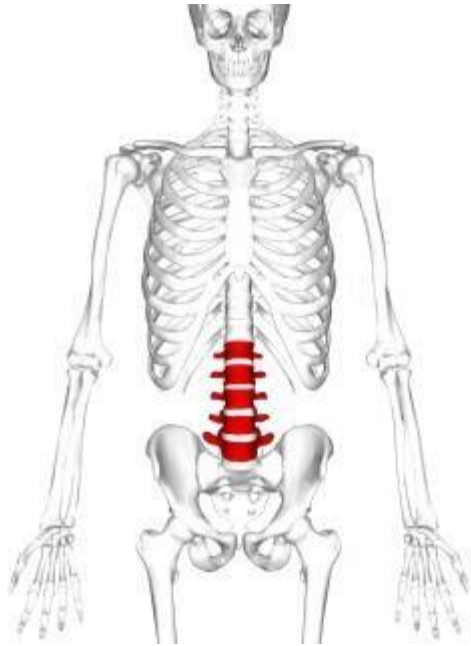
Frequency. "The TENS frequency should always be set to the maximum setting of the device, which is normally 150 or 200 hertz, and saved so that it always operates in this way."

Pad size. "It is recommended to use a rectangular pad measuring 5 x 10 or 4 x 10 centimeters on each side."

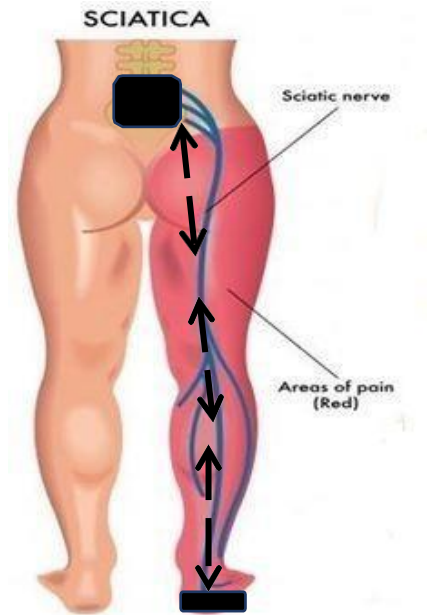
TREATMENT PLAN.

This is undoubtedly one of the simplest I have designed since the beginning of this therapy, as can be seen below.

PHASE 1. The position of the first pad is very natural. As in all cases and conditions treated in this way, it is placed on the last of the lumbar vertebrae (Figure 1(a)) using a rectangular pad that has been moistened with a little water and vinegar to increase the flow of electrical current by reducing the resistance or impedance of the skin along the spine. This should be done every time a pad is placed on the spine. The second pad is placed on the sole of the foot. This placement follows practically the entire path of the nerve and is treated for the recommended time, which in each case is 10 minutes.



(a)



(b)

Figure 1(a). Position of the lumbar vertebrae. (b). First position of the pads in the treatment of the sciatic nerve.

Phase 2. Finally, the pad that was on the sole of the foot is placed in the center of the gluteus (Figure 2).

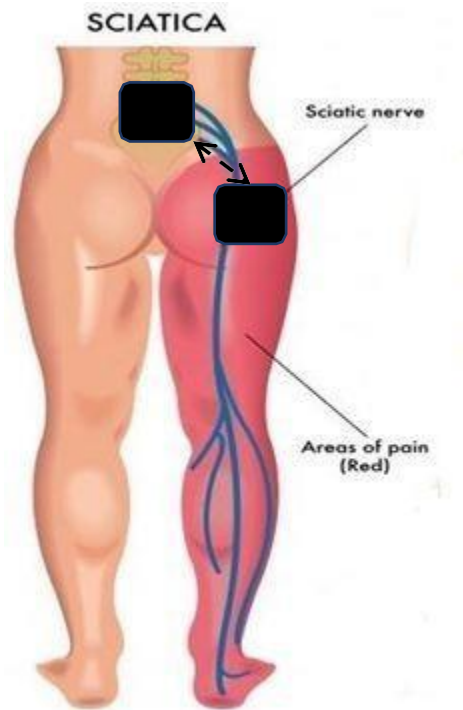


Figure 2. Treatment between the lumbar region and the gluteus.

PHASE 3. To reinforce phase 1, place one pad on the calf and the other in the center of the buttock, as shown in figure 3.

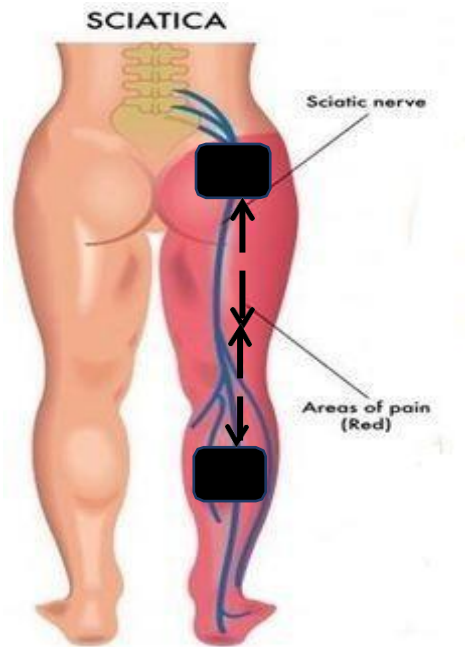


Figure 3. Second treatment position.

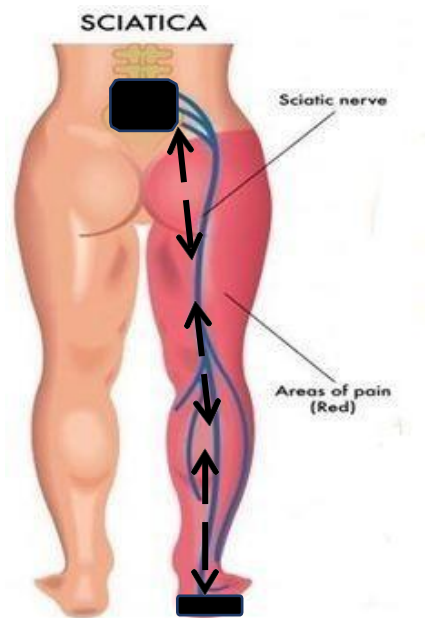


Figure 4. Crossing of the spine with pads on both sides of the body.

Treatment by placing one pad at the back, on the last lumbar vertebra, and the other at the front, on the abdomen, at the same height as the back pad in order to cross the disc between vertebrae.

This treatment can be repeated for two consecutive days or as long as necessary until the pain is eliminated.