

BioFlex LILT Patient Testimonials:

Sciatica

SCIATICA

Sciatica, or sciatic neuritis, is a set of symptoms including pain that may be caused by general compression and/or irritation of lumbar nerves, sacral nerves or the sciatic nerve itself. The pain is felt in the lower back, buttock, and/or various parts of the leg and foot. In addition to pain, which is sometimes severe, there may be numbness, muscular weakness, pins and needles or tingling and difficulty in moving or controlling the leg. Typically the symptoms are only felt on one side of the body.

Although sciatica is a relatively common form of low back pain and leg pain, sciatica is a set of symptoms rather than a diagnosis for what is irritating the root of the nerve and causing the pain. Possible causes include disc herniation or trauma to the spine, such as from a car accident.

Read what patients treated with BioFlex Low Intensity Laser Therapy have said about successful treatment for their sciatica:

“...it’s wonderful to be able to have pain relief. I can go back to work and enjoy the activities I once loved.”

“After suffering sciatica for 9 months in my left buttock, I tried to have this pain relieved. My first step was medication from the doctor who said there was no cure for this problem. He suggested I take Tylenol. I tried acupuncture (no luck), massage therapy and physiotherapy. Finally after severe, unbearable pain the doctor gave me “Gabapentin” medication (pills) and these helped, but put me to sleep. My husband heard about LaserHealth Solutions on the radio and with some “doubt” I went for the laser because I couldn’t stand the pain anymore. After 3 sessions I did feel a difference. Now I have had 11 sessions and it’s wonderful to be able to have pain relief. I can go back to work and enjoy the activities I once loved. I will continue to use this therapy for as long as necessary or when necessary. I’m glad I found relief.”

Maureen K. - Surrey, BC

“...my pain has almost completely disappeared in the last two weeks.”

“I had very bad sciatic pain for about nine months. It went away for about 2 months but then came back as bad as ever. I came for laser treatments about a month ago and have now had 10 treatments. There was some progress for the first two weeks, but since the fifth treatment, my progress has been very good. Combined with stretching exercises my pain has almost completely disappeared in the last two weeks. I am now confident that I will be fully cured very soon.”

Dave - Calgary, AB

BioFlex LILT Patient Testimonials: Sciatica

“The laser treatment worked wonders and I would recommend it to anyone as an initial alternative to having to undergo surgery.”

“Having multiple sclerosis my balance is not what it used to be. I was walking from one room to another in my residence and totally lost my balance. As a result, I ended up on the floor and when able to get up I felt a great deal of pain in my lower back that ran all the way down my right leg. An emergency CAT scan revealed that one of my discs had been displaced about 5mm as a result of the fall. I had been seeing Dr. Rob and Dr. YY for chiropractic treatment (still do by the way). We decided to try their laser therapy on my lower back to see if it would reduce the pain in my low back and right leg. The first treatment relieved a great deal of the problem and subsequent treatments further helped (the only other option available was surgery – it was not an appealing option for me).

The laser treatment worked wonders and I would recommend it to anyone as an initial alternative to having to undergo surgery.
For me – laser therapy – no pain but lots of gain!!”

Gary P. - Surrey, BC

"After 8 visits, all the prescriptions and pain killers were not required."

“I aggravated my back working in the yard, resulting in back pain and sciatica. After weeks of inactivity and drugs, the pain moved from the back to the piriformis and pinched sciatic nerve. I started Laser Therapy to relieve the piriformis issues. The result after the first visit was better sleeping patterns. After 8 visits, all the prescriptions and pain killers were not required. I would like to say, too, that the staff at LaserHealth Solutions were very friendly and co-operative.“

Brian - Calgary, AB

"It was truly remarkable."

"After completing a walking half marathon the next day I had a very, very sore backside with an intense shooting pain down my thigh. It was an inflamed piriformis which is a muscle in your buttocks which pressed on my Sciatic Nerve. Whenever I sat it was extremely uncomfortable. I would squirm to find a position that I could bear. There were times I went from the sitting to standing positions and I was totally immobilized. I tried waiting out the injury, Tylenol, ibuprofen, ice and heat. Nothing seemed to lessen the pain. I eventually had 3 treatments of low intensity laser and the pain was gone. I could not believe it! After a month of pain and trying out all the conventional methods with the exception of not wanting to start the long drawn out process of physical therapy. I was now pain free. It was truly remarkable."

Joanne - Calgary, Alberta

BioFlex LILT Patient Testimonials:

Sciatica

"I have just finished 10 sessions and I feel remarkably great..."

"My pain started just over 2 years ago when I was rear ended in a car accident. I had lower back pain and pain all the way down my left leg into my feet. I have seen doctors, neurologists, acupuncturist and a chiropractor. I have had physio, massage therapy and a personal trainer with no relief of pain. I have had X-rays, CT scan and an MRI that revealed sciatica and soft tissue injury resulting in a shortened hamstring. I have asked all doctors for something for pain relief, I was told to take only Advil. So I took that for 2 years till I had holes in my stomach then they switched me to Extra Strength Tylenol of which I had to take 8 to 10 a day. Finally one night I was looking through the local paper and saw in bold print "PAIN" with a write up about laser therapy, so I called and made an appointment. I have just finished 10 sessions and I feel remarkably great, I have more strength and I am now able to stretch and exercise. I am down to 3 Extra Strength Tylenol a day and I'm really happy. I can sit for more than ½ hour at a time. Now I can return to work full time and not be in so much pain. Dr. Rob and his staff are great and I have and will continue to recommend laser therapy, so other people can be pain free.

Thanks again Dr. Rob and staff for making my life pain free!"

Fay - Surrey, BC

"...I am about 90% improved overall."

"I had low back pain about 5 years ago and saw a Chiropractor about it. The pain cleared up in about 9 months. In August 2007 I started having pain in my low back and all the way down to my foot, it was slightly worse than the first time and just got progressively worse. I saw a Chiropractor, who also did ART for about 2 months, and had 8 physical therapy/acupuncture treatments. I also saw a doctor who gave me T3's and other muscle relaxants that I was to take for 20 days. Everyone seemed to give up on me and my pain; they would say "you can come back if you want to" and the Doctor asked "what do you want me to do about it?" So I took it upon myself to find something that would work. My wife, Gail, phoned and booked me an appointment at LaserHealth Solutions. It was a Godsend. After 10 treatments I was able to stay at work all day. After 17 treatments it is a lot better than when I started out, I am about 90% improved overall. I have already recommended other to come and get treatments done for their pain."

Bill - Calgary, AB

BioFlex LILT Patient Testimonials: Sciatica

"...there are even days when I forget that I have sciatica."

"Hi Cheryl/Blaine/Janet:

I want to relate to you the wonderful results that I have experienced as a result of undergoing your therapy.

I came to you with two very different problems: extensive soft tissue damage to my ankle as a result of a chipped bone in my foot and sciatica.

First the ankle. There was little pain while simply standing or walking, but I meditate for an hour a day and prefer to sit in full lotus for as much of that hour as possible. Before breaking my foot I could sit for 45 minutes or more. After breaking it I could not sit in lotus at all and by the time I came to your clinic I could sit only 5-10 seconds at a time. After 4 sessions I was sitting 18-20 minutes and after all my sessions I am back to sitting 30 minutes at a stretch and I can see that is continuing to improve.

I had been dealing with my sciatica for a couple of years when I heard about Laser Health Solutions from Dr. Peter Thornton. I had tried chiropractic with very little result. I then tried acupuncture which reduced my discomfort by about half, but there was no further improvement.

It would affect me most when lying down which prevented me from lying on my back or remaining asleep for an entire night. Upon arising there would be severe lower back and leg pain and weakness in the affected leg.

After only a few treatments I noticed a marked improvement and was able to stay asleep all night long. After the full set of treatments my condition is 98% improved and there are even days when I forget that I have sciatica. On the days when I am aware of it, it is only a very mild twinge that passes almost as soon as it arises. I continue to do the stretches you showed me and I am confident that I will be completely free of discomfort shortly.

The staff was expert and attentive. Notes taken by one were followed and understood by whomever had me on any particular day.

I was a bit leery of the cost initially, but the results more than offset any concerns that I felt. Scheduling and greeting was handled professionally and always pleasantly by Suzanne and Andrew. My heartfelt thanks and appreciation to you all. Be well."

Kim R. - Calgary, AB