

## **X. Back Pain/Sciatica? Does Your Back Look Crooked? You Need to Fix This First.**

Does your back appear to be shifted or crooked to one side? (see photos below). Is this a relatively new development? We are not referring to scoliosis that you may have had for years. We are referring to a shift in your spine that may have started at or about the same time as your sciatica.

*If you do detect a spine shift, be sure to first address this issue with the following exercises:*

1. Look at yourself in the mirror to determine if you detect a shift. You may need a friend or loved one to look at you and verify.
2. In our experience a shift in the spine from a disc problem is relatively infrequent, but if you do have a shift you may need to correct it for treatment to be successful. If you do not have a shift, move on to next exercise (press ups).



**Straight Spine    Shifted to Right**

3. Steps to correct a right shift
  - a. In a person with a shift to the right side, their shoulders and upper back appear to be shifted to the right as viewed in photo above.
  - b. To correct this, stand with your right shoulder and right hip facing the wall. Stand approximately 12 to 18 inches away from the wall. Bend your right elbow to a 90-degree angle (right angle) and lay it flat

against the wall. Now lean against your right arm with your body and allow your pelvis to sink towards the wall.



**Straight Spine    Shifted to Left**

This will begin to correct the shift. Do not perform this if it becomes painful to do. Watch our video on YouTube if you have trouble understanding how to do the shift:

#### 4. Steps to Correct a Left Shift

- a. In a person with a left shift, shoulders and upper back appear shifted to the left as viewed above.
- b. To correct this, stand with your left shoulder and left hip facing the wall. Stand approximately 12 to 18 inches away from the wall. Bend your left elbow to a 90-degree angle (right angle) and lay it flat against the wall. Now lean against the left arm with your body and allow your pelvis to sink towards the wall. This will begin to correct the shift. Do not perform this if it becomes painful. Watch our video on YouTube if you have trouble understanding how to do the shift.

