

XIX. Is the C Position Causing Your Back Pain/Sciatica? How to Tell

Compression Test

1. Sit on a chair without any arms. Flex or bend your back forward and then grab the seat of the chair and pull up. This position puts compression through your spine. Did this make your back pain worse? Did it make your leg pain worse? If you have a herniated disc you often will feel increased pain or symptoms down the leg with this test.



2. Sit on a chair without any arms. Straighten your back (arched back) as much as possible with your feet flat on the floor. Grab the seat of the chair and pull up. This puts compression through the spine. If your pain does not get any worse, it is a demonstration on how correct posture can make a difference.



You now know the pain maker for many types of back pain and sciatica, including yours. What is promising is that the pain makers can be eliminated. In some of the remaining videos we will demonstrate the correct and incorrect ways to perform tasks in your life.

Our goal is to address each activity or position that causes pain and we hope to give you an alternative. The incorrect way places your back in the C position. The correct technique will keep your back in a straightened and less stressful position. Why don't we start with the first thing most people do in the morning, which is getting out of bed. See: **Have Sciatica? How to Get Out of Bed and Get Dressed Without Making It Worse.**