

Sciatica Relief Cheat Sheet

Dr. Ron Daulton, Jr.



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Hi, I'm Dr. Ron Daulton, Jr.

I've been a chiropractor in Hammond, Indiana for the past 26 years, and I'm also the author of multiple books, including *Get Your Life Back: The Ultimate Guide to Healing a Herniated Disc*.

I created this PDF to help you reduce your sciatic pain more quickly.

Whether you're in severe pain right now or just trying to stay ahead of it, you'll find practical steps you can begin today.

We'll keep it simple and step-by-step so you know exactly what to do and when.

When to Seek Immediate Medical Attention

Contact a healthcare professional right away if you experience:

- Progressive leg weakness.
- Loss of bowel or bladder control.
- Numbness in the groin or saddle area.
- Severe pain that is rapidly worsening.
- Symptoms following a fall or injury.

Let's get started.

If You Need More Help...

My Clinic:

Hammond Chiropractic Life Center, Inc.
5716 Hohman Avenue
Hammond, IN 46320

(219) 932-8900
DrDaulton.com



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Home Care Tip #1: Ice

Calm Inflammation & Numb the Pain

Time Frame

Use ice for 15 minutes every hour you're awake for the first 3 days.

After that, continue icing at least 3 times per day until the pain is gone.

Why Ice, Not Heat?

It's common to hear "apply heat," and that is good in some cases, but if an area is inflamed and causing pain, heat is generally not going to be the best approach.

The injured area is already inflamed and hot. Adding heat pulls in more blood and swelling, which can worsen nerve pressure and pain.

Ice slows the rush of blood, reduces swelling, and numbs irritated nerves, bringing faster relief.

Quick Rules for Ice Relief

- Use real ice, not gel packs. Ice stays cold and effective longer.
- Apply over a thin layer of cloth or a towel.
- Stop when numb or at 15 minutes max. Numbness means you've calmed inflammation; don't exceed 15 minutes.
- Wait 1 hour before reapplying. Keeps skin safe and prevents frostbite.

Where to Place the Ice

Place the ice on the lower back and buttock on the side of the leg pain.

When to Switch to Heat

If you try ice 3–4 times and your pain worsens or doesn't improve, degenerative arthritis may be involved.

In that case, try dry heat (low-medium heating pad or dry sauna), still using the 15-minutes-on / 1-hour-off rule.

Tip #2: Use Creaky Bone Balm After Ice for Longer Pain Relief

Time Frame

Use ice every hour for the first 3 days. Once you cut back to icing 3 times per day, apply Creaky Bone Balm to the same area immediately after each ice session. Continue until pain is gone.



Why This Step Helps

Ice calms inflammation, but pain can return once the area warms up. Adding Creaky Bone Balm afterward extends relief. It contains a high dose of CBD, which interacts with your body's own pain-calming chemicals to reduce discomfort and support recovery.

How to Use It

- Choose a high enough strength. 1000mg or 2500mg is what I use with patients (stronger is better for severe pain).
- After each ice session, rub a thin layer on the area you just iced (you can also apply it to the leg).
- Wait 10 minutes; if you don't feel a change, add another thin layer. Most people need 2–3 light layers.
- Wash your hands well after applying

Where to Apply

Use it in the same places you use ice: low back and buttock (you can also apply it to the painful parts of the leg).

Where to Get It

I recommend the original Creaky Bone Balm because of how consistently it helps my patients. You can get a coupon code through my Linktree at <https://linktr.ee/drrondaultonjr> or just scan this QR code:



I've arranged a **20% discount** for my readers there. (If the code ever changes, I'll keep the current one updated at my Linktree.)

Tip #3: Avoid Sitting Too Long

Prolonged sitting places increased pressure on the lower back and discs.

Try this:

- Stand up every 30–60 minutes.
- Walk for 2–5 minutes.
- Use a lumbar support pillow when sitting.
- Alternate between sitting and standing throughout the day.

Tip #4: Walk Daily

Walking helps improve circulation and nourishes spinal discs.

Goal:

- Start with 5–10 minutes.
- Gradually work up to 20–30 minutes.
- Stop if symptoms become significantly worse.

Tip #5: My Top 3 Sciatica Stretches

Your lower back (lumbar spine) supports your entire trunk and is often the source of pain when a person has sciatica. These stretches help improve mobility, reduce pressure on nerves, and gently activate the core muscles that stabilize the spine.

If getting down on the floor is difficult, you can do these in bed.

These should be performed daily.

If you'd like all of the stretches I recommend for the low back, you can find them on my website at [**https://www.drdaulton.com/back-stretches-and-exercises.html**](https://www.drdaulton.com/back-stretches-and-exercises.html)



**Hold for 20
seconds**

**Repeat 2
times**

**Press your low back
onto the floor as flat as
possible, while you
rotate your pelvis
clockwise**

1. Pelvic Clock

Purpose:

Relieves low back tension and gently strengthens the muscles that support your spine.

Position:

- Lie on your back with knees bent and feet flat.
- Relax and feel your whole back touch the surface beneath you.

Action:

- Slowly rotate your hips clockwise, flattening your low back into the floor.
- Hold for 20 seconds.
- Perform 2 sets, resting 5 seconds between.

Tip: Imagine a clock face on your left hip. Rotate the “hands” slowly while pressing your back down and slightly lifting your pelvis.



2. Knee to Chest

Purpose:

Stretches low back, hips, and the back of the thighs.

Position:

Lie on your back with both knees bent, feet flat.

Action:

- Bring one knee gently toward your chest, holding the back of your thigh.
- Straighten the other leg out flat while keeping its knee and toes facing up.
- Hold for 20 seconds, then switch sides.
- Perform 2 sets.

Tip: Use a towel behind your thigh if it's hard to reach. Place a pillow under your head if needed for comfort.



Hold for 20 seconds

Repeat 2 times on each side



If you can't reach behind your thigh, you can use a towel



If you are more flexible and need a deeper stretch, you can use the Pigeon Pose instead

You can also use the Pigeon Pose with your torso upright to stretch the hip flexors on the side the leg is extended behind you



3. Figure 4 Stretch

Purpose:

Opens the hips, relieves sciatica pressure, and helps reduce low back pain.

Position:

- Lie on your back.
- Cross one ankle over the opposite knee, making a “4” shape.

Action:

- Pull the lower thigh toward your chest, using hands or a towel.
- Hold 20 seconds on each side, 2 sets.

Tip: For a deeper stretch, gently push the crossed knee away with your elbow while pulling up the thigh.

Advanced option: the **Pigeon Pose**. From a push-up position, bring one bent leg forward and lower onto it; stay upright or fold forward to stretch hip flexors.

Tip #6: Sleep Smarter

Proper sleeping positions can reduce pressure on the sciatic nerve.

If you sleep on your back:

- Place a pillow under your knees.

If you sleep on your side:

- Place a pillow between your knees.

Avoid:

- Sleeping on your stomach whenever possible.

Tip #7: Practice Good Posture

Slouching increases stress on the lower back.

Remember:

- Keep shoulders relaxed.
- Sit with feet flat on the floor.
- Maintain a small curve in your lower back.
- Keep your head over your shoulders—not in front of them.

Tip #8: Stay Hydrated

Pain is primarily caused by chemicals your body releases in the injured area. If you stay well-hydrated, you can reduce the amount of these chemicals and it will help with the pain.

Aim for:

- About half your body weight (in pounds) in ounces of water daily.

Example:

- 180 pounds → approximately 90 ounces per day.

Tip #9: Avoid These Common Mistakes

- ✗ Bed rest for days.
- ✗ Heavy lifting.
- ✗ Repeated bending and twisting.
- ✗ Sitting for hours without breaks.
- ✗ Stretching aggressively through pain.
- ✗ Ignoring symptoms that are steadily worsening.