

PAIN CARE SUPPLY



If Sitting Triggers Your Sciatica

The Desk Protocol

paincaresupply.com

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■ **STOP — SEEK IMMEDIATE MEDICAL ATTENTION** if you experience:

- Loss of bladder or bowel control
- Numbness or tingling in the groin or inner thigh
- Sudden severe weakness in both legs
- Chest pain, dizziness, or difficulty breathing during movement
- Symptoms that are rapidly worsening

STOP and consult a licensed provider before continuing if you experience:

- New or increasing numbness or tingling down the leg or into the foot
- Sharp shooting pain that worsens with every attempt at movement
- Significant increase in symptoms after two or more sessions
- Fever, unexplained weight loss, or night pain that wakes you from sleep

IF SITTING TRIGGERS YOUR SCIATICA

The Desk Protocol

If your pain shoots down your leg when sitting, or builds the longer you stay seated — this is your first step.

STEP 1 — RESET YOUR SEAT POSITION

- Sit all the way back in the chair
- Hips fully against the backrest
- Feet flat on the floor

You should feel: Supported and stable

Not acceptable: Slouching or pressure in the low back

STEP 2 — STACK YOUR SPINE

- Lift your chest slightly — not exaggerated
- Keep head over shoulders
- Avoid rounding forward

You should feel: Light tension, upright posture

Not acceptable: Sharp pain or increased leg symptoms

STEP 3 — SET YOUR SCREEN HEIGHT

- Top of screen at or just below eye level
- Screen directly in front — not angled

You should feel: Neutral neck position

Not acceptable: Leaning forward or looking down constantly

STEP 4 — CONTROL YOUR SITTING TIME

- Start with 2-5 minutes if needed
- Stand before symptoms spike
- Gradually build tolerance

You should feel: Manageable, controlled exposure

Not acceptable: Pushing into worsening symptoms

STEP 5 — USE MICRO-RESETS

Every 2-5 minutes:

- Slight posture reset
- Shift weight gently
- Stand briefly if needed

You should feel: Relief or stable symptoms

Not acceptable: Symptoms building without interruption

FEEL CHECK

You should feel a mild stretch, light tension, or controlled position — not sharp pain.

If symptoms increase: reduce sitting time, adjust posture, stand and reset.

If you experience sharp pain, numbness, tingling, or any symptoms listed in the red flag section — stop immediately and consult a healthcare provider.

PROGRESSION — NEXT STEP

Start with short sitting intervals.

Once this feels controlled:

- Increase sitting time gradually
- Reduce frequency of breaks
- Maintain posture consistency

Do not jump ahead. Build tolerance step by step.

IF SITTING TRIGGERS YOUR PAIN — THIS IS YOUR FIRST STEP

If sitting triggers your pain, don't guess what to do next.
A free step-by-step guide is available that may help you work through it.

Start here:

[**paincaresupply.com/free**](https://paincaresupply.com/free)

Free resource from Pain Care Supply. Download adds you to our email list. Unsubscribe anytime.

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