

You're sitting wrong.

And it's feeding your sciatica.

- 01 Leaning back
- 02 Hips too low
- 03 Waiting too long

You're reinforcing the pain every time.

Fix it before your next sit.
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\$5

The Sciatica Sitting System

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INTRODUCTION

How to Use This Guide

This guide has one purpose: help you sit without triggering your sciatica. It is not a treatment plan. It is a daily control system.

The image shows the most common sources of sciatic nerve irritation. Knowing your source helps you use this guide correctly.

What's Inside

Foundation Setup — Position correctly before symptoms start

10-Minute Protocol — Phased sitting plan that controls symptoms

Pain Signal Chart — Read your body — and respond immediately

Flare-Up Emergency — What to do when pain hits right now

7-Day Tracker — Track duration, pain side, and resets daily

3-Week Schedule — Safely build sitting tolerance over time



THE CORE PRINCIPLE

Most people make sitting worse by waiting too long to respond to pain signals. This guide teaches you to act before symptoms build — not after they spike. Every section builds on this.

SECTION 01

The Foundation Setup

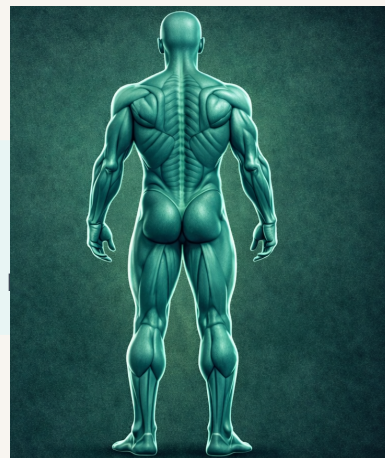
Every sit starts here. These three positions reduce nerve pressure before symptoms begin.

1

Sit on the front edge of the chair

2

Both feet flat on the ground



Hold this for 30 seconds before adjusting anything.

DO THIS

- Sit tall — not stiff
- Lift chest 10–15%
- Keep weight even

AVOID THIS

- Leaning back into chair
- Slouching forward
- Crossing legs

Taking Pressure Off the Painful Side

1

Slide painful leg slightly forward

2

Shift weight to other side

3

Hold 20–30 sec — repeat 2–3×

If pressure builds in your leg while adjusting — stop and reset immediately. Do not push through.

If your sciatica is flaring up right now — start here first:

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SECTION 02

The 10-Minute Sitting Protocol

This protocol breaks a 10-minute sit into three phases. Each phase has a specific job. Do not skip ahead.

0–2 MIN Start	2–6 MIN Middle	6–10 MIN End
• Sit tall, feet flat • Extend painful leg • Adjust posture now	• Shift weight off painful side • Reset posture once • Breathe slowly	• R • D • P



The Breath Reset — Use Any Time

1	2	3	4
Place hands on thighs	Breathe in slowly	Breathe out — drop shoulders	Repeat 5 times

Use at the 2-minute and 6-minute marks. It can calm symptoms quickly mid-sit.

How to Get Out of the Chair

1	2	3
Scoot to the front edge	Lean slightly forward	Stand using legs — no twisting

Do NOT twist or push off unevenly. This is one of the most common ways people trigger a flare at the end of a sit.

Pain Signal Chart

Your body signals you before a flare-up peaks. Act on each signal immediately — do not wait.

SIGNAL	WHAT IT MEANS	DO THIS
Pain moves DOWN the leg	Nerve under increasing load. Moved too far or held too long.	Stop. Sit taller. Reduce range. Reset immediately.
Pain SPIKES suddenly	You waited too long. Reset wasn't done in time.	Stand slowly using exit protocol. Rest 10–15 min before sitting again.
Pain LINGERS after sitting	Not enough resets during the sit.	Shorten next sit by 2–3 min. Add one extra reset mid-session.
Pain stays the SAME	Neutral sign. Managing load appropriately.	Continue. Monitor and reset at next checkpoint.
Pain IMPROVES during sit	Positive response. Positioning is working.	Continue. Note which adjustments helped in your tracker.
Pressure builds in HIP only	Common at start. Often resolves with leg-slide.	Slide painful leg forward. Shift weight. Hold 20–30 sec.

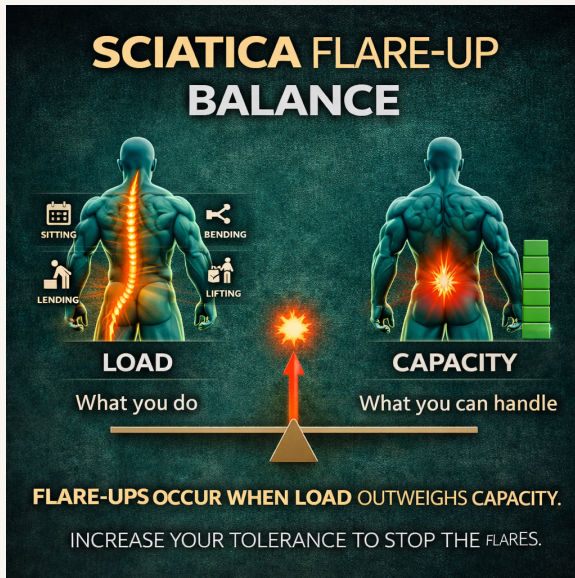
REMEMBER

The signal is not the problem — the delayed response is. Every row in this chart has one thing in common: acting sooner always produces a better outcome than waiting.

Before you sit again — read this first:

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Flare-Up Emergency Protocol



A flare-up occurs when load exceeds capacity. This protocol reduces load immediately.

If pain is active right now — this is your starting point. Do not stretch. Do not push through.

1

STOP what you're doing

2

Reset using the Foundation Setup

3

5 slow breaths — shoulders down,
jaw loose

During an active flare-up, hard stretching can make things worse. The goal right now is to reduce irritation — not eliminate pain instantly.

Common Mistakes During a Flare

X Stretching aggressively

Can increase nerve tension and prolong symptoms

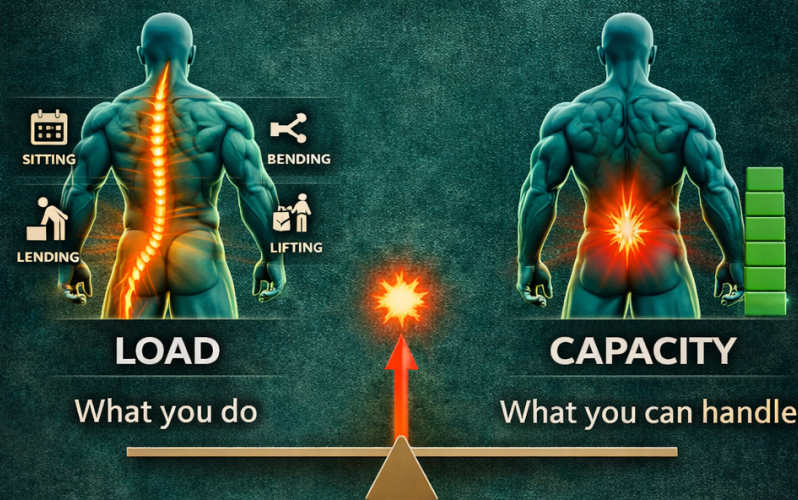
X Pushing through pain

Teaches the body to ignore signals it needs to respond to

X Sitting too long without reset

Pressure builds gradually — spikes without warning

SCIATICA FLARE-UP BALANCE



FLARE-UPS OCCUR WHEN LOAD OUTWEIGHS CAPACITY.

INCREASE YOUR TOLERANCE TO STOP THE FLARES.

When load exceeds capacity — a flare-up occurs.

This guide teaches you to keep load below your threshold every time you sit.

If pain is active right now — don't wait:

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SECTION 05

7-Day Sit Tracker

Fill this in immediately after each sit. Patterns in your log tell you exactly what to adjust next week.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Duration (min)						
Pain Side L / R						
Resets Used						
Pain 0–10						

Pain scale: 0 = no pain • 10 = worst possible • Note both sides if pain shifts (e.g. L/R)

What to Look for After 7 Days

Duration is flat or dropping	You may be doing too much — cut back 2–3 min.
Pain score improving week over week	Protocol is working — increase duration 2–3 min next week.
Pain always worse on same side	Use the leg-slide adjustment consistently on that side.
Resets are increasing	You're responding well — this is the right behavior.

HOW TO USE YOUR DATA

After 7 days you have a baseline. Week 2 starts with whatever duration kept your pain score at 4 or below consistently. Never increase by more than 3 minutes at a time, and never increase if the previous week was inconsistent.

3-Week Build-Up Schedule

Do not rush this. Only increase duration if symptoms stayed under control the previous week.

WEEK 1 5–10 min per sit	WEEK 2 10–15 min per sit	WEEK 3 15–20 min per sit
• Focus on Foundation Setup • One reset per sit minimum • Stand after every sit	• Use full 10-min protocol • Add breath reset at 2 & 6 min • Log every session	• Only advance if Week 2 avg pain ≤ 4 • Two resets per sit minimum • Adjust per tracker patterns

Individual results may vary. If symptoms worsen at any stage, step back to the previous week's duration and consult a qualified healthcare professional.

After 3 Weeks

Sitting feels more predictable	You'll know your signals and how to respond before pain peaks.
Resets become automatic	Position changes happen before you feel pressure, not after.
Duration increases safely	You're building tolerance, not pushing through damage.
The guide becomes a reference	Use the tracker and signal chart as needed — not as a crutch.



If pain is flaring up right now — start here:

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You are not trying to eliminate pain instantly.

You are learning how to control it while you sit — and building tolerance one session at a time.

NEXT STEP

Get the free flare-up reset companion guide to manage symptoms between sits.

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