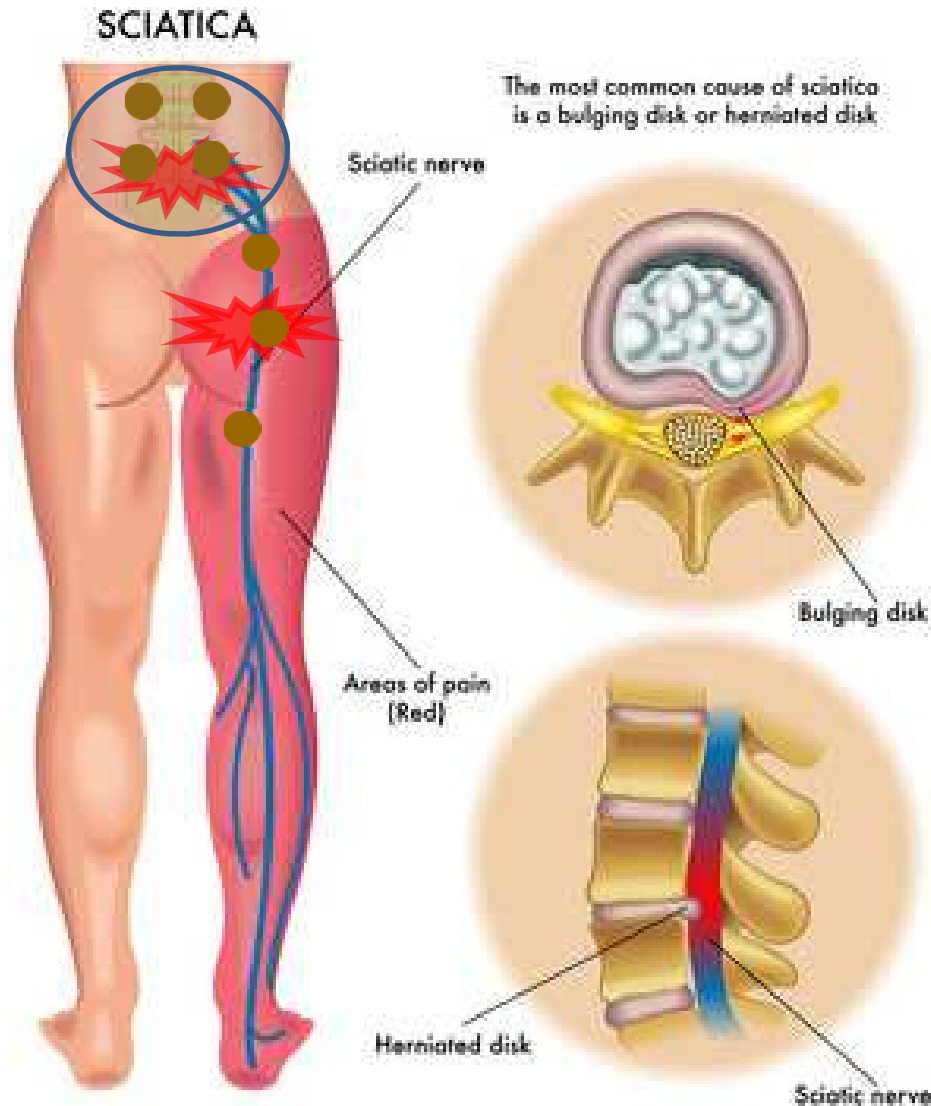


Lower Back and Sciatic Pain



Lower Back

Gentle lean forward to identify area of tension and pain.

Place 1 patches either side of spine at point of tension. Lean again – if tension is relieved apply lotion / gel over entire area.

If tension has moved apply additional patches to new area and then apply lotion /gel as above.

Sciatica

For sciatic pain apply additional patches at hip and centre of buttock

