

Research has shown improvements for sciatica, below is the extract from an article on Nutrition Health Review published September 2020.

“A study in 2015, 61 adults with NSLBP (nonspecific lower back pain) or sciatica, with disc extrusions or bulges, were treated with either specially designed, three-month yoga course or standard medical treatment. Results showed greater improvements in disability measure in the yoga group compared with standard medical care group, with no reported adverse effects. “

https://nhr.mydigitalpublication.com/publication/?i=681724&article_id=3812670&view=articleBrowser&ver=html5

<https://content.iospress.com/articles/journal-of-back-and-musculoskeletal-rehabilitation/bmr00531>