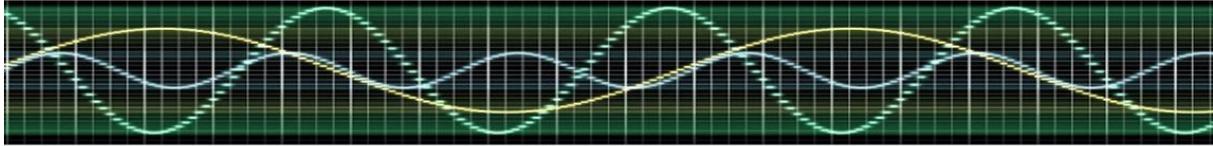




# Redland Reflexology

BODY OPTIMISER - SOUND WAVE TECHNOLOGY



Diminishing Function Risk			Optimal and Balanced			Increasing Inflammation Risk		
1	2	3	4	5	6	7	8	9
Critical	Severe	Moderate	Mild	Normal	Mild	Moderate	Severe	Critical

## SCIATICA

### Some Associated References re GROK response (check for imbalances)

See – RR Body Organ Results/ Nerves/ Leg Right/L Sciatic nerve

See – RR Body Organ Results/ Nerves/ Leg Right/R Sciatic nerve

See – RR Body Organ Results/ Nerves Lower Body/General

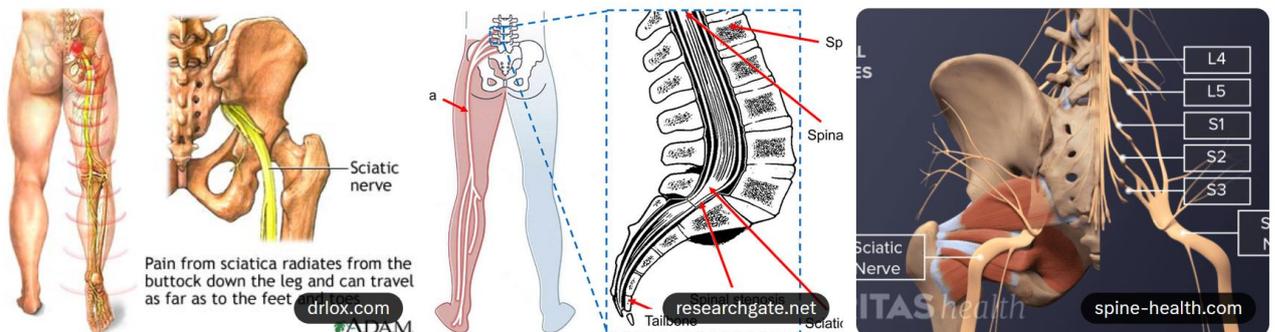
See – RR Body Organ Results/ Skeleton Vertebra/ Lumbar Vertebra L4 and Lumbar Disc L4

### GROK Query Response: JAN 2026

Sciatica is pain that radiates along the path of the sciatic nerve, the primary nerve involved in this condition.

The main nerve directly associated with sciatica is the sciatic nerve itself — the largest and longest nerve in the human body. It originates from the lumbosacral plexus (spinal nerve roots L4 through S3) in the lower back, exits the pelvis, runs through the buttocks, down the back of each thigh, and branches further in the leg.

Here are clear diagrams showing the sciatic nerve's path from the lower spine through the buttock and down the leg:



LIMITATIONS: Redland Reflexology, the RR Physio Analyser and the RR Body Analyser Optimiser cannot detect cancer or diagnose diseases or medical conditions. Like other similar systems, we cannot guarantee that the system is 100% accurate; however, scan sessions may highlight frequency imbalances in the body that could be related to certain disorders. If you have symptoms that concern you, it is important to consult your doctor or healthcare provider.

drlox.com  
researchgate.net  
spine-health.com

Sciatica typically occurs when this nerve (or the nerve roots that form it) is compressed or irritated, often due to issues like a herniated disc, spinal stenosis, or piriformis syndrome. The pain usually follows the nerve's distribution: from the lower back or buttock, down the back of the thigh, and sometimes into the calf or foot. Key Branches of the Sciatic Nerve

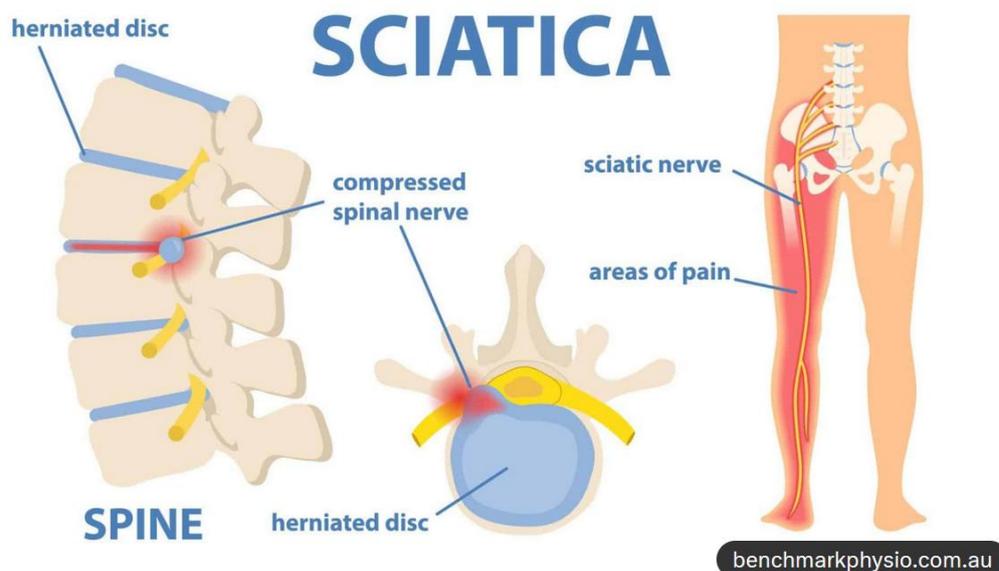
In the lower thigh (near the knee), the sciatic nerve divides into two main terminal branches:

Tibial nerve — runs down the back of the calf to the heel and sole of the foot.

Common peroneal (fibular) nerve — runs along the outer side of the leg to the top of the foot.

These branches (along with smaller ones higher up) provide motor function to the leg/foot muscles and sensory feeling to much of the lower leg and foot. Sciatica symptoms can therefore affect areas supplied by these branches.

Here are additional illustrations showing sciatica pain patterns and the lumbosacral plexus origins: [benchmarkphysio.com.au](http://benchmarkphysio.com.au)



While the sciatic nerve is the central one, the condition often starts from compression of the contributing spinal nerve roots (especially L5 and S1), which is why it's sometimes described in terms of those roots in medical contexts.

If you're experiencing sciatica-like symptoms, it's best to consult a healthcare professional for proper diagnosis and management!

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