

America's Best in Medicine Spotlights Dean Volk: Founder and Owner of Sciatica Relief Now, LLC

Pioneering Virtual Sciatica Care with the 180° Sciatica Solution to Help Patients Heal Without Surgery or Medication



Scottsdale, Arizona Apr 14, 2026 (Issuewire.com) - Dean Volk, a seasoned physical therapist and recognized sciatica relief expert, is transforming the way patients experience recovery through innovative, virtual care. With more than three decades of clinical experience, Dean is the Founder and

Owner of Sciatica Relief Now, LLC, where he helps clients worldwide eliminate pain, restore normal function, and return to living fully.

At the core of his work is the 180° Sciatica Solution, a unique and highly effective method that focuses on balancing the body by treating the non-painful side. This counterintuitive approach has helped thousands of individuals achieve lasting relief from sciatica and chronic low back pain – without the need for surgery or medication. By addressing underlying imbalances, Dean empowers patients to heal naturally and sustainably.

Dean holds a Bachelor of Arts in Biblical and Theological Studies from Wheaton College and a Master's Degree in Physical Therapy from Northern Arizona University. Before launching Sciatica Relief Now, he built an impressive career in physical therapy, including owning and operating Volk Physical Therapy, where he managed multiple clinics in the Charlotte area. Dean later expanded his services to include home-concierge physical therapy in Charleston, bringing personalized care directly to patients. His leadership experience also includes roles as Clinical Director at HealthSouth and Physicians PT, where he honed his expertise in orthopedics, rehabilitation, and patient-centered treatment.

“What I enjoy most about practicing medicine is helping my clients heal,” says Dean. “There’s nothing more rewarding than seeing someone regain mobility, reduce their pain, and return to the activities they love. Witnessing that transformation is what makes this work truly meaningful.”

In addition to his clinical work, Dean is a respected educator and author. He regularly conducts online workshops and creates resources that equip patients with practical tools for managing and overcoming pain.

Outside of his professional life, Dean values family deeply. He has been married to his wife, Trudy, for 35 years, and together they have raised two sons, Benjamin and Jesse.

Driven by a passion for helping others reclaim their independence, Dean Volk continues to lead the evolution of virtual care, offering innovative solutions that restore function, freedom, and hope to patients around the world.

Learn more about Dean Volk:

Through his America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/dean-volk> or through his website, <https://sciaticareliefnow.net/>

America's Best in Medicine

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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