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Cures For Sciatica - Causes Of Sciatica Nerve Pain

Sufferers of *sciatica* surely pray daily for a cure to relieve the constant pain and misery caused by this common condition. Any cure is specific to determination of the cause. In the case of sciatica the causes appear to be numerous.

Once you determine whether you have true sciatica or piriformis syndrome, or both, you can usually get considerable relief from just a single exercise for either condition (two exercises if you have both).

Unfortunately today many people are suffering from sciatica pain and there are a number of treatments available that provide relief from the condition. The effectiveness varies and relates directly to the causes. All too often relief is only short term and the misery returns.

Treatment such as ultrasound, electrical stimulation, massage, and moist heat, while soothing, do nothing to address your muscle imbalances. Even surgical intervention is ineffective if you don't first address the underlying muscle imbalances.

There is however a contingent of the population that believes one of the cures for **sciatica** is engaging in a routine of exercises that treat the mind and body. Among the most popular of such techniques you may recognize the practices of Yoga and Pilates. These are said to be beneficial not only to the ill but also the healthy among us.

Inability to manage daily activities. Severe pain, which worsens over a period of weeks. Pain returning often. Seek immediate medical attention if you should experience:

Degenerative disc disease and subsequent herniated discs are linked to two factors: Aging Genetics As we age, the deep muscles of the spine begin to deteriorate. This creates a dynamic instability to your back. At the same time, the discs begin to lose their water content resulting in a loss in disc height and strength. This ultimately leads to failure of the disc material.

As long as the symptoms are decreasing furthest from the spine, the exercise described is beneficial, even if the symptoms closer to the spine seem to increase at first (they'll usually improve with repetition of the exercise over time). I suggest you remain in this position for a couple of minutes and then take a break by either just lying flat, or by getting up and walking for at least a few minutes in between the exercise repetitions in order to avoid developing a lot of tightness in the low back muscles.

How to End Your Worrying & Your Back Pain 1. Understand that the presence of low back pain, pain radiating down the leg, and a positive MRI do NOT necessarily implicate a herniated disc as the source of your back problem.

5. Stop pursuing treatments that will have zero effect on your herniated disc problems. Instead you should seek out a musculoskeletal specialist that has the skills to identify and address underlying muscle imbalances. Chances are that once identified and treated, your back pain and *sciatica* pain will go away completely.

About the Author:

Malton Schexneider PT, MMSc, provides simple, easy and safe back pain relief strategies for people suffering with low back pain, **sciatica**, herniated discs and degenerative disc disease. Now, for the first time ever, Malton reveals top insider secrets that will erase your back pain. Now with this limited time offer, you can get his NEW eBook, "Back Pain Relief Secrets" for FREE at: eraseyourbackpain.com/free-patient-guides

When the symptoms have subsided, it is extremely important to learn what sciatica exercises you can do to prevent the symptoms from returning in the future. Don't be fooled! Just because the symptoms go away, it doesn't mean that everything is back to normal. All too often, sciatica sufferers go from one episode of pain to the next, with episodes becoming more severe and more frequent over time, because they fail to manage the problem correctly so you can avoid the common problem of developing chronic pain and disability.

Yet, despite these favorable back pain statistics, a herniated disc diagnosis continues to cause concern in people suffering with back pain. To alleviate this concern, it's important that you understand the process for determining the significance of a herniated disc. Plus, you should know the steps you can take to reduce the chances of a herniated disc ever becoming an issue.

4. Stop or reverse your spinal aging process by exercising and retraining your affected back muscles. Tight back muscles need to be stretched and weak back muscles need to be strengthened. Too many times back treatment is geared towards symptom management rather than addressing the specific muscle imbalances, which are responsible for your back pain problems.

Pain that radiates into the buttocks and down the leg is often referred to as *sciatica*. Yes, sciatica pain can be caused by irritation of the nerve root from a herniated disc. But, chances are your sciatica symptoms are the result of irritation of the sciatic nerve from a structure outside the spine.

About the Author:

Dr. George Best has been treating patients with sciatica and piriformis syndrome in his San Antonio, Texas practice since 1992. To access his free E-book and his free video course on understanding and treating sciatica, go to <http://www.sciaticaselfcare.com>.

Numbness around crotch or genitals Difficulty in passing or controlling urine Numbness, pins and needles or weakness in both legs Unsteadiness while standing

Does this scenario sound familiar? You bend over to pick a Kleenex off the floor. Your back locks up. You begin to experience lower back pain radiating into the buttocks and down the leg. You consult with your doctor who orders an MRI. The MRI report identifies a herniated disc.

A lot of people don't understand what is happening, but it's really quite simple. There is some sort of nerve being pinched in some manner. This could be happening from a spinal disc compressing too far and a nerve gets pinched. It can also happen from a tight back muscle that literally strains a nerve to the point of pain. Essentially some nerve, for whatever reason, is getting too much pressure on it and you end up with sciatica.

As you may well imagine, people constantly experiencing pain, immobility and the inability to perform normal daily functions, are quite eager to grasp at any potential solution that could relieve those symptoms. They may achieve an acceptable degree of pain relief but do nothing to treat the cause of that pain.

Whether you need the McKenzie extension exercise, or the piriformis stretch, or both, the sciatica exercises work best when repeated frequently - up to several times per day while you are having significant symptoms.

The Truth About Herniated Disks May Shock You Did you know that if we were to perform an MRI on people with NO back pain, as high as 85% of those people would show evidence of a herniated disc? The truth is that if you have back pain, there's a good chance a herniated disc has NOTHING to do with your pain.

In addition, you will find offered self-mobilization classes in which you will be taught to eliminate stress and pain by developing mind control of the body. Another suggested cure for sciatica is routinely performing natural exercises which have been designed to not only relieve the pain from your **sciatica** problem, but will also make you a fitter person. It is a popular belief that you should routinely stretch and exercise your muscles. It has been said that muscles that have been allowed to deteriorate through inactivity, damage the **sciatica** and thus cause you more unwanted sciatica pain.

In the end a true cure must treat the cause of the pain. The pain is merely a symptom. Although many causes have been identified, efforts will continue to establish better treatments that provide permanent relief and long term elimination of the cause.

3. Realize herniated disks don't just happen because you leaned over to pick up a Kleenex. Spinal discs are tougher than what was once thought. They can tolerate a tremendous amount of physical abuse. Just ask the Navy SEAL recruits who entered SEAL training with diagnoses of herniated disc problems. After 14 weeks of the most physical and mental challenging training on the planet, they experienced no changes in their herniated discs.

At this time all the answers are not on the table. Some turn to natural cures for sciatica that may prove only temporary relief for the sciatica nerve condition. Some people seek the help of a doctor and follow his recommendations to achieve relief from the symptoms of **sciatica**. You may wish to conduct your own personal research utilizing a variety of the methods mentioned above to determine which method will provide the most effective relief from the pain you are suffering.

The second test is to bend your leg to pull the knee toward your chest. Begin by first bringing the knee on the painful side toward the shoulder on the same side. Then release the leg slightly and pull the knee toward the opposite shoulder. If pulling the knee toward the opposite shoulder increases the pain significantly more than pulling it toward the same side shoulder, chance are you have piriformis syndrome. It should be noted that it is possible to have both true sciatica and piriformis syndrome at the same time.

Not A Permanent Cure It remains quite frustrating that most so called cures are not cures at all. It can best be described as interim relief. Choosing inappropriately labelled cures for **sciatica** may well actually result in being cured permanently. Many of the so called cures that available are no more than temporary relief of pain and symptoms that result from the true cause of the condition that remains untreated.

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To make this determination, a thorough physical examination must be performed and the findings corroborated with MRI films. WARNING: Your report of symptoms and a study of the MRI film DOES NOT constitute a thorough physical exam. It should include a detailed medical history, an actual assessment of your movement, strength, reflexes, sensation and any pertinent clinical tests plus a review of the MRI film.

For true sciatica, most people will find relief through the basic McKenzie extension exercise (named for physical therapist Robin McKenzie). This exercise is performed by lying face down on a firm surface and then propping yourself up on your elbows, creating an increase in the curve of the lower back. Getting into this position may be painful at first, but within about 30 seconds, most people will notice a decrease in the severity or the range of the sciatica, or both. A positive sign is when the symptoms furthest from the spine decrease.

2. Increase your awareness of specific symptoms that may implicate a more serious back problem. These include: Fever in addition to intense back or neck pain.

The sciatica stretches and information I want to share with you are great. The best one you can do is lying on your back and pulling your knees up to your chest. The point of this is to stretch out the lower back and should take the pressure off the nerves. Another stretch is grabbing onto something above your head and allowing your legs to go weak. This forces the back to stretch out and takes a lot of tension off of it.

I wanted to take the time to share with you a few sciatica stretches and information that you can use to help you. Sciatica is actually a symptom of back pain, but often people will refer directly to the symptom. Back pain is a nightmare for those people that have it. It affects everything you do because your back is central in that movement. You can roll over in bed and be caught with sharp pain. You could lean into the refrigerator to grab something and you'll have sharp pains go up your spine. It's really a horrible thing to have to live with. I'm going to talk to you about sciatica stretches and information.

Low back pain will affect 80% of the American population at some point in their life. And, of the 80% who experience a first time episode of back pain, the pain will resolve with little or no intervention. In fact, only 10% of all back pain sufferers ever require surgery.

An easy method to help you determine what the problem is can be done by doing a couple of tests while sitting in a firm chair. In the sitting position, try straightening your knee on the painful side, so that your leg is parallel to the floor. If this increases your symptoms, chances are you have true sciatica related to a disc problem.

To figure out what exercise will be of most benefit, it is important to try to distinguish whether you have **sciatica** from a lumbar disc bulge /herniation, or whether you have a condition called "piriformis syndrome", which produces symptoms very similar to disc-related **sciatica** but is caused by contraction of the piriformis muscle in the buttock area.

Bad news? Maybe but in all likelihood, it's not as bad as you may think. You may have heard people say they have a "slipped" or "ruptured" disc in the back. You may have even heard terms like "bulging" or "protruding" discs. These are common "street names" that describe a herniated disc.

Sciatica exercises come in many different forms, but the last thing you need when you're in pain is to have to learn a complicated exercise routine. But using exercise to alleviate sciatica doesn't have to be difficult. Getting relief can be as simple as doing just one exercise and doing it frequently until such time as the pain is gone or at least much improved.

For piriformis syndrome, you can do a simple stretch of the piriformis muscle. I recommend you do this by lying on your back, pulling your knee on the painful side toward the same side shoulder for a few seconds, then partially releasing the leg and then pulling your knee toward the opposite shoulder. Hold this stretch for about 10 seconds at a time, then carefully release your leg for a few seconds before repeating the stretch.

Learn the Sciatica Stretches That Work

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