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Proper Sciatica Exercises to Reduce Sciatica Pain

Exercise plays a leading role in treating sciatica. There are many sciatica exercises. These exercises are one the best ways of treating sciatica. They specifically target the muscles in lower back, thighs and abdomen area. Though doctors advise bed rest in case of acute *sciatica* pain, the muscles are still weak and this again brings back pain if physically demanding activities are performed.

It is very important for one's recommended doctor or physician to assess the degree of damage involved in the herniated disc and associated sciatica pain, before considering acupuncture as an effective treatment for the herniated disc.

Always consult your doctor before you start on any form of exercise.

About the Author:

For more info on sciatica treatment head to: <http://www.sciaticatreatment.org> today!

Acupuncture tends to be even more effective when it is utilized upon the onset of the initial symptoms of a herniated disc such as back spasms and cramps. If the condition of the herniated disc is more severe, often acupuncture will be teamed with traditional Chinese herbal remedies to assist in the recovery process. Further to this the longer lasting effects of acupuncture are realized through combining the treatment with physical therapy and exercises. When acupuncture is delivered correctly there can also be additional benefits for the patient- such as an improvement in mood and less fatigue.

Sometimes even one form of exercise is good enough to get rid of the pain. However, finding that right exercise and doing it regularly to get rid of the pain depends on the exact cause of *sciatica*. Your sciatica may be due to herniated disc or it may be due to piriformis syndrome that occurs due to the contraction of piriformis muscle in the area around the hips. You can stretch these muscles slowly to reduce contraction, loosen the tight muscles and reduce pressure on sciatic nerve.

Conclusion The benefits of acupuncture often vary from patient to patient and are also very dependent on the person administering the acupuncture. Always seek you doctor or physician's advice before getting acupuncture treatment for a herniated disc and sciatica pain. Acupuncture is certainly a far more positive option for treating a herniated disc than surgery and more serious oral steroids.

Back Problems Leading To Sciatica Pain Often people ignore back and leg pains until they become severe enough to merit attention. While not all back pains or leg pains will be serious and can be treated easily, some may require extended medical treatment. If you are suffering from leg pain and possibly some numbness or weakness that starts from the low back, through the buttock and down your leg, you could be suffering from sciatica. Usually, large majorities of people who do experience *sciatica* get better in time but it is always best to get medical treatment and undergo therapy in time. What is Sciatica? Sciatica is usually the condition caused by irritation to the sciatic nerves. Sciatic Nerves are one of the largest in our bodies and start from the base of the lumbar spine. They run through either side, through the buttocks and then down the legs, going all the way to the feet. If the roots of these sciatic nerves are pinched, pain is felt not only in the back but also the buttocks and lower legs. What Are the Symptoms of Sciatica? When the sciatica nerve root gets compressed, pain starts affecting all the areas that the nerve runs through. The pain could be dull or even sharp at times, at times there is just a burning feeling. This is usually accompanied by some shooting pain starting in the buttock going down the leg or the back of the thigh. At times, rather than actual pain, there is just a tingling or sense of numbness. It may prove to be difficult to stand up and even coughing or sneezing aggravates the pain. What Are the Problems Causing Sciatica Pain? Most of the times, *sciatica* is caused by what is commonly referred to as "slipped disc". The disc in this case refers to the discs that form part of our spine and act as shock absorbers for all the heavy work that the spine has to do. When we bend or twist, the pressure on these discs increases. At times, when there is a sudden, violent twisting movement or one is carrying a very heavy load that adds tremendously to the pressure on the discs, the soft center in the discs pushes through the outer cover. This bulge then starts to press against the sciatic nerve roots nearby causing pain, numbness and a general sense of weakness in the limbs. There are other causes that could lead to irritation or compression of the sciatic nerve leading to sciatic pain. These include aging, which causes part of the spine to become rough and enlarged. At times, though very rarely, infections and tumors could be found to cause the problems. How can Sciatica Pain be treated? Most sciatica pain can be treated with simple painkillers or anti-inflammatory medications, followed by physical therapy and rest. Only in very severe cases, is surgery suggested as a remedy for sciatica pain. If you are suffering from lower back pain or leg pain, seek advice from your doctor and treat *sciatica* immediately for early relief. For more tips visit <http://www.gasmileagesecrets.org>

There are alternative forms of *sciatica* exercises too like Yoga. Yoga has many postures that can be used to provide relief from sciatica pain. All these yogic postures keep the muscles flexible and strengthen them which lead to faster healing.

Types Of Sciatica Exercises *Sciatica* exercises are divided into three categories. Though their main purpose is to relieve pain, each category targets a specific aspect of reducing sciatic nerve pressure so that the pain can be reduced. The exercise which stretch the muscles are called stretching exercises. Exercises which stabilize and strengthen muscles are called stabilizing and strengthening exercises. The third category of exercises called general conditioning exercises. These exercises are stretching hamstrings, stretching of lower back, and making the core muscles strong. These exercises specifically target muscles in the torso, abdomen and back. An exercise regimen that combines the exercises from these three categories is very effective in reducing sciatica pain and in preventing it from recurring.

About the Author:

Want further information on herniated disc treatment including acupuncture and other remedies? Find a natural cure for your herniated disc today. Please visit: <http://www.herniated-disc-advice.com> (Visitors will receive a FREE Ebook on herniated disc exercises)

In some cases Chinese herbs and acupuncture have been proven to be more effective, less risky and less invasive in comparison to more common forms of treatment for a herniated disc such as surgery and oral steroids. Side effects associated with drugs for treating a herniated disc is a common reason for people experimenting with acupuncture.

Before we look at a few exercises for sciatica it is important to understand what sciatica is. Often misused and not clearly defined, sciatica is not a diagnosis in itself but in actuality *sciatica* is a set of symptoms being caused by another medical issue, most often a slipped or herniated disk. The term sciatica refers to the pain caused when one or more of the nerves exiting the lower spine are being compressed or irritated. These nerves exiting the lower spines make up the sciatic nerve. A herniated or slipped disk is not the only medical condition that can cause *sciatica* but it is the most common.

It is a frightening statistic that more than half of the US adult population experience or are affected by sciatica pain. It is that burning pain from the lower back down to the feet caused by the compression of the sciatic nerve resulting in most instances in a herniated disc. The normal reaction for sufferers of a herniated disc and sciatic pain is to improve the posture and walk and sit more upright. This however can increase the pressure on the problem area, resulting in further discomfort. It is quite common that, with age and poor nutrition, the back bone and its muscles and other essential body parts deteriorate and breakdown, and factors like overexertion, accidents, diseases, and bad posture all result in back problems.

Acupuncture as a herniated disc treatment when performed as early as possible has been shown to rapidly improve recovery time and ease sciatica pain significantly. Research has shown that the acupuncture stimulates the damaged area of the spine creating naturally occurring steroids encouraging it to repair and producing valuably endorphins in the body. In this natural way the swelling is minimized and the pain of the herniated disc is eased. This dual effect from the acupuncture is why it can be so effective

Benefits Of Sciatica Exercises These specifically targeted exercise work because they work on the muscles that are crucial for supporting the back and reducing the pressure that affects sciatic nerve. These exercises lead to increased blood circulation. This results in healthy and supple spine and increased supply of oxygen and other vital nutrients to spine.

Exercises are one of the most frequently used forms of sciatica treatment. They help a great deal in strengthening the muscles in the affected areas. However, it is very important to choose the correct type of *sciatica* exercises based on the underlying cause of sciatica in individual cases. It is always good to exercise with care and not to exercise when the pain is acute. Otherwise you will end up aggravating your pain.

There are exercises which target these areas to relieve pain. In case of substantial sciatica pain, doctors only recommend exercises that are mild in nature and do not cause discomfort. Lying prone, trying to touch the chest with both knees and pelvic tilt are the most common exercises that are suggested at this stage. You can lie on your stomach with a pillow for supporting you hips. Pelvic tilt requires that you lie down on your back, bend your knees to contract the abdominal muscles.

The medical term for sciatica is a radiculopathy, which means that a spinal disc has extended beyond its normal position and is irritating the radicular nerve (nerve root) in the lower back, which connects with the sciatic nerve. The sciatic nerve branches off as it travels down the lower extremity through the back of the leg, and thus pain can be experienced along this route. Even though it may seem counterintuitive, healing sciatica pain through exercise is better than bed rest. Resting for a day or two after the patients *sciatica* flares up is acceptable, but inactivity after this time will usually make the pain worse. Your back muscles and spinal structure become deconditioned without exercise and movement and are less able to support the back. Leading to strain and further back injury this deconditioning and weakening is the most common reason for additional back pain. If you want to have healthy spinal discs you need to make sure that you are exercising. Nutrients and fluids are exchange within discs through movement and help to keep them healthy. The focus of most sciatica exercises are on strengthening the back and abdominal muscles to provide more strength and support for your back. If you have muscles that cause pain when they are tight and inflexible, stretching exercises for sciatica targeted muscles is recommended. When you partake in stretching and strengthening exercises, the average patient will recover more quickly from a *sciatica* episode and prevent future flare ups of the pain. Because sciatic pain is not caused by the same ailments, specific sciatica exercises are recommended depending on the cause of the pain. Its just like bringing your car into the mechanic, if the muffler is the problem then rotating the wheels will most likely not fix the problem. A certified athletic trainer, physical therapist, chiropractor or or spine specialist who deals with back and leg pain associated with sciatica may recommend a treatment program with exercise being a part of it. Making sure you are properly diagnosed before starting a specific sciatica exercise program is important because, while it is rare, sciatica pain can be cause by serious medical conditions such as a tumor or infection that require prompt medical attention. I was going to list an assortment of exercises that one could do but I don't think with what I have said in my above statement that this would be a good idea. Self diagnosis can often lead to further injury so I stick to what I wrote and recommend that before you start specific sciatica exercises you should consult one of the above recommended specialists and discuss a treatment plan with a professional.

If you have experimented with the more standard herniated disc treatment, and wish to try something new, it may be well worth considering the traditional Chinese therapy of acupuncture. Acupuncture is perhaps the most popular form of traditional oriental medicine, and it has proven to be quite effective for treatment of a herniated disc and the sciatic pain associated. Further to this the acupuncture can also relieve spinal stenosis, lower back pain, spine root compression, neck pain, neuropathy and other irritating and debilitating diseases.

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