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All About Sciatica

What is Sciatica? Sciatica is a medical term used to explain symptoms that develop when the Sciatic nerve is compromised. Pseudo sciatica, which is the most common, occurs when the sciatic nerve is compressed by the Piriformis (bum) muscle. True sciatica occurs when one of the sciatic nerve roots is compressed when it exits the spinal column.

 All About Sciatica

Release Muscle Tension - There is a muscle called the Piriformis muscle. This muscle is usually the culprit when it comes to your pain. The sciatic nerve runs through this muscle and if it is tight, it will irritate the nerve and therefore, pain.

Do seek professional help if you are in anyway concerned about your back pain.

Terry O'Brien

Back Trouble UK

I highly suggest trying it out and talking with Mike Dixon RMT. He has had over 20 years of clinical experience and he has been teaching spinal orthopaedics for over a decade. He has also written two books on spinal manipulation.

Treatment for **Sciatica**:Tip B. B. Stretching - You have a muscle called the Piriformis muscle. This muscle has the sciatic nerve running through it or along side it. By stretching this muscle you are able to ease the pain quickly.

Also there are absolutely no regulations by the government on any products of such kind. But the safety that these natural products have cannot be definite. Optional or herbal remedies are not under any kind of regulation and the quality of such products is not controlled publicly. Plus there can be substances that can adversely affect the chemistry of the body and can generate dangerous side effects.

Treatment for Sciatica:Tip D. D. Move - You need to keep moving, not too fast, but move. If you sit for to long at a time, your muscles will tighten much quicker. Have you ever noticed that your pain is worse in the morning after sleeping all night? When you are able to move, this helps your pain ease a little. This is why moving is an important treatment for sciatica.

True Sciatica responds extremely well to spinal decompression treatments. This is performed on a special table. The treatment schedule depends on your specific symptoms and cause. What needs to be done with disk bulges/herniations is that the disk material needs to be absorbed back into the disk and this requires taking the pressure off the disk. This is why spinal decompression is so effective. It is essentially traction targeted to your specific condition.

According to the viewpoint of the Chinese, the patients who are suffering pain due to *sciatica* are normally diagnosed to be suffering from a kind of a syndrome. A bi syndrome usually involves pain and blockage and is very common in the bodies' lower part. Such syndromes might occur due to factors that are unknown. There may be very little reason for occurrences of such syndromes. One of the reasons could be a noteworthy injury of the back.

How is **Sciatica** caused? Pseudo Sciatica is caused by a tightening of the Piriformis muscle on the Sciatic nerve. The nerve passes under the Piriformis muscle and in some cases it passes right through the muscle tissue. Exercise, pregnancy, weight gain and posture can create a tight Piriformis muscle.

There have been numerous cases regarding extremely serious and fatal side effects rising from such natural products. Some of the herbal remedies were also found to have customary directed medication. Asia is the place from where most of the problems that occur due to natural remedies were reported. According to studies a great amount of such natural remedies contain toxics.

Laminotomy. This is a partial removal of the lamina which can be done to widen the spinal canal and relieve compression on the nerve roots. Foraminotomy. Removal of bone, scar tissue, or other obstructions that are compressing the nerve root exiting the spinal canal.

??<http://everesttherapeutics.com/downtown-vancouver/vancouver-massage/all-about-sciatica.html>

About the Author:

Having only 2% of his vision left due to a progressive retinal degenerative condition, Mark felt a profession based on touch and not sight would allow him to provide the best service to society. It was an important decision in Mark's life that has been justified many times over since graduating from the West Coast College of Massage Therapy in 1995. Having weakness in one sense allows the brain to provide more power to other senses, for example, touch and intention. This is a great advantage that allows Mark to function at a heightened state of awareness when treating the body. Combining this with his knowledge in human movement patterns makes for a unique and powerful massage therapy experience. For the past 7 years, Mark has also worked on a political level with our Provincial, National and International massage therapy organizations. Mark is joined by his seeing-eye dog Victor. Victor is a 3 year old Labrador/Retriever. Clients love to see the 90 pound bundle of love and joy when they come into the clinic.
<http://everesttherapeutics.com>
www.electrahealthfloor.com

Sciatica is the Latin word for "Pain down the back of the leg" Sciatica is referred pain usually caused by trapping the sciatic nerve in the lower back.

What is Spinal Stenosis? Spinal stenosis is a medical condition where the spinal canal becomes narrow. This narrowing can put additional pressure and compression on the spinal cord and can cause a pinching of the nerve roots. If the narrowing is in the lower part of spinal cord it is referred to as lumbar spinal stenosis and if the narrowing is in the upper part of the spinal cord then it is referred to as cervical spinal stenosis. While stenosis can also occur in the thoracic or upper back region, the lumbar and cervical areas are the most common.

Decompressive laminectomy. This is used for treating lumbar spinal stenosis and involves removing the top of the vertebra to create more space for the nerves.

Anatomy of **Sciatica** The sciatic nerve is the longest and largest nerve in your body. Five sets of paired nerve roots combine to create it, and it's about the diameter of your middle finger. The sciatic nerve starts in your low back, which is called your lumbar spine. The nerve roots are at the L4 and L5 vertebrae (the 'L' means lumbar, and the numbers indicate the level of the vertebra where it is in your back). The sciatic nerve also travels through your pelvic region (sacrum).

*So here you have it, your cures for sciatica, but it does not come from a bottle, but you! In your own home exercising on your living room floor. Treatment for **Sciatica**:Tip A.

There are a variety of tests used to diagnose this condition. The first step is to go through a history of symptoms and activities with the client. Muscle and neurological tests are then done. An Xray, CT Scan or MRI might be needed depending on the initial findings.

True sciatica is caused from a variety of conditions: disk bulging or herniation, Degenerative Disk Disease (DDD), spinal stenosis and pregnancy. How to test for **Sciatica**

Assess Your Spine - You need to know the problem is coming from to be able to get rid of it permanently. To use these techniques properly, you need to know where to place your focus.

If the pain is acute, then surgery may be needed in order to widen the spinal canal and to correct the conditions that are contributing to the nerve compression. Some of the surgical procedures used to treat spinal stenosis are:

There are a number of herbal remedies which provide relief from pain in the back. There are a number of herbal remedies that have a number of energetic ingredients, just like the normal medications have. Medications in this context are the ones that provide relief from pain, help in relaxing muscles, and increase blood circulation. They might also have certain side effects. The bark of the willow contains ingredients that are active such as aspirin. This may also lead to certain effects that are adverse. According to a study there are natural products that contain current oils or leaf may be helpful and safe in case of pain that occurs because of inflammation.

Treatment for Sciatica:Tip C. C. Pelvic Balance - This is a great treatment for sciatica because the pelvis is what keeps everything in balance. If your pelvis is balanced, then the tension will ease off all the other areas. You can do this by lying down on the floor. Place your hand under each side of your pelvis where you would wear your belt. As you are doing this, notice if there is more pressure on one side or the other. If there is more pressure on one side compared to the other, then your pelvis is not balanced.

*Let pain be your guide. If you are in pain, you listen to your body and stop. Do not ever let anyone tell you to push through the pain. You are the only one who knows your pain threshold.

I am not going to lay claim to any cures for sciatica, but I will give you some guidelines to follow in helping to relieve your pain and hopefully stop it from returning. So for now let's call them cures for sciatica, for if they can give you some relief from pain and minimise the episodes, then it is in its own way, a cure.

Want to know more about natural treatment for sciatica? Visit <http://www.treatsciaticanow.com>

Who Can Get Spinal Stenosis? Although some people are born with spinal stenosis, the condition is usually seen in people over the age of 50 who already have some disc degeneration. Often, spinal stenosis results from the wearing down on the spine from normal activities. As we get older, our spinal ligaments can calcify, bone spurs may form, and we can get herniated or ruptured discs. All these conditions can lead to a narrowing of the spinal canal which can compress and pinch the spinal nerves.

Finding a cure for **Sciatica** is a challenge, have you searched without finding anything? Maybe you have and have decided to give up, but are still hoping to find some relief from the pain.

How to Treat Sciatica Pseudo **Sciatica** is easily treated??????? by massage therapy. Usually in one treatment you will notice a dramatic improvement in your symptoms. Some home care exercises are prescribed and if you follow them you should have no more symptoms.

Due to the risks involved, many doctors will resort to surgical treatments only after non-surgical treatments have been tried first. This article is not meant to replace the sound advice of a personal physician. Patients should discuss with their doctor all their treatment options before taking any medical course of action.

A. Ice - In the first 48 hours, you need to use ice to help reduce the inflammation which is around the nerve. This can help to stop it from getting worse. Use the ice for 10 minutes, then off for 10 and on again for 10 minutes. Keep doing this 2 or 3 times.

Align the Pelvis - Your pelvis is the foundation, the stabiliser and when this is distorted, there can be a lot of lower back pain. Lower Back Strength - It is not going to help to work on the nerve if you have a weak back. Strengthen your back and you will help the pelvis get back into alignment and release the tension.

Spinal Stenosis Symptoms Symptoms of spinal stenosis can include back pain radiating to the legs, numbness or pain in the buttocks that worsen when walking or exercising, leg weakness, decreased physical endurance, loss of balance, and leg and neck pain.

Symptoms of Sciatica Regardless of the type of Sciatica you have the symptoms are the same. These symptoms include but are not limited to pain in the low back, buttocks and down the back of the leg. Numbness and tingling are also common symptoms and they follow the same pathway. Weakness can develop anywhere along this pathway because there is an interruption in the sciatic nerve transmission.

In most people, the sciatic nerve runs under the Piriformis (bum) muscle, which moves your thigh side to side. From there, the sciatic nerve descends through the buttocks and the back of the thighs. Behind your knee, smaller nerves branch out from the sciatic nerve and travel down to your feet.

One of the outer factors that is pathogenic and mysterious, that is wind is considered to carry influences into the body which are pathogenic thereby contributing to the unpredictable nature of the pain.

Wintergreen oil which contains quantities of methyl silicate, is used in a wide fashion externally for its activities which are non inflammatory (used for sciatica, sore muscles or forms of arthritis). Tea which is prepared from the herb has a stimulating flavor and is used for neuralgia, nephritis and headaches.

Strengthen Muscles - If one muscle is tight and the others are weak, there is going to be an imbalance. You can do some exercises at home that will help to strengthen and improve their strength, and this in turn will increase the blood supply, which is why they are weak to begin with.

Treating Spinal Stenosis In general doctors tend to take a conservative approach when initially treating spinal stenosis. Drug therapy such as pain relievers and anti-inflammatory medications to reduce swelling are usually prescribed first, along with bed rest and reduced physical activity. Steroid injections can also be used to help reduce swelling although the pain relief is normally temporary. Traction and spinal decompression may be prescribed, along with physical therapy which can be used to help increase flexibility as well as build endurance.

About the Author:

For more information on spinal stenosis treatments and alternatives to back pain surgery see DRX9000 spinal stenosis treatment at <http://www.drx9000-spinal-decompression.com>, a popular site with free information on DRX9000 spinal decompression and other back pain treatments.

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