


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## Sciatica Home Remedies- Alternative Cure for Sciatica

What is *Sciatica*? It is important to understand just what exactly *sciatica* pain is although it is often confused with other medical conditions and sometimes even used as an umbrella term for anything else that is not easily diagnosed! *Sciatica* is a set of symptoms rather than a diagnosis in itself. Sometimes *sciatica* pain can be confused with other serious medical conditions such as a tumour or infection so a careful diagnosis is always important. This article will outline some basic facts about *sciatica* and point to *sciatica* home remedies.

 Sciatica Home Remedies- Alternative Cure for Sciatica

In most cases, medical history is able to identify patients that are likely to have a herniated disc. Sciatic pain is superficial and localized. It also gives a feeling of numbness or tingling. It aggravates when pressure is applied between discs.

Pain can be felt along all or part of the course of the sciatic nerve which runs from the lower back, through the buttock into the calf and even into the foot.

*Sciatica* is most commonly caused by a slipped disc in the lower back, some form of arthritis, or a pinched nerve. It begins with back pain, followed by calf or hamstring pain, and sometimes included numbness in the toes. Forms of *sciatica*, resulting from inflammation get better with time, healing themselves. However, bed rest is not the best way to treat *sciatica*. It is shown that remaining active and performing exercises that are not weight bearing can help. Given time, even herniated spinal discs can heal.

Weak muscles here will cause more pain than before and will increase the chances of injury due to sudden movement. Exercising the lower back area and postural stretching can be enormously beneficial. Careful attention needs to be paid to posture and body mechanics to get the maximum benefit from the exercises. Exercises need to be done twice a day and under supervision of a trainer or instructor.

help yourself. A family member that I know well herniated a disc due to a lack of knowledge and discipline to exercise.

This article can be reprinted as long as author and links stay intact. Ray Intihar has written articles on various subjects and is a webmaster.

What are the causes behind the pain of *sciatica*? *Sciatica* is usually associated with compression of the sciatic nerve due to a slipped or a herniated disc. A degenerative disc disease is a condition that is brought about by the ageing process. The sciatic nerve is sometimes pinched by the piriformis muscle that is located deep in the buttocks. *Sciatica* pain can also be caused by conditions that are not related with disc. Bad postures can also lead to pseudo *sciatica*, a pain that is similar to *sciatica*.

How Is *Sciatica* Normally Cured? Anti inflammatory drugs and surgery are solutions which may or may not cure the condition. Spinal manipulation, massage therapy and physical therapy are all possible solutions and are sometimes recommended before considering surgery.

Proper stretching and exercising, combined with over-the-counter pain medications can assist on the road to recovery. If your pain is not relieved by the milder pain medications, your doctor may prescribe a narcotic analgesic. However be advised that these medications can cause nausea, dizziness, and drowsiness, and may result in dependency if taken over long periods of time. In extreme cases, surgery may be required to remove fragment of the disc.

Physical examinations include the following procedures. \* The patient may be asked to lie down, face upward and the affected leg is then raised to various heights. \* The doctor may also ask the patient to rotate the hip joint. Pain caused by these movements can often help in pinpointing the location of the pain and assessing the hip muscles. \* Testing the strength of bending backward of the ankles and toes can also indicate the position where the nerve is likely to be pinched. \* Another test used by many doctors is the reflex of your ankles.

It is important to stay active. Do exercises that develop muscles in your back and stomach. This helps to stabilize your spine. It is also important to maintain a reasonable body weight. Ensure that you practice good posture, and sleep on a mattress that is neither too hard or too soft. You should always discuss health matters with your physician, especially if you suffer progressive weakness, as this may constitute a medical emergency. The problem thought to be something easily treated may be a serious condition caused by the compression of the nerve roots in the lower end of the spinal canal, which requires immediate medical attention.

*Sciatica* Home Remedies What is the remedy for this condition and what can be helpful instead of going down the path to drugs and surgery? Many doctors recommend bed rest but exercise is usually much better in the long term for healing this condition. Some patients like to rest for a few days after an acute attack but if inactivity continues, this may make the pain worse. It is essential to understand that if the back muscles become weak and flabby from lack of exercise, then they will be less able to support the back.

Your nerves are positioned strategically in your spinal column. Depending on how you treat your spine, whether you are sitting or standing, can dramatically effect how your nerves react. Prevention is sometimes the best medicine. If exercises for *sciatica* are given to you, it is in your best interest to use them religiously because procrastination can lead to a very painful ending. First hand experience can tell you this is a fact.

The quality of life decreases dramatically, family life suffers, and sometimes a feeling of hopelessness and depression can overwhelm the sufferer and family members. The sciatic nerve travels down each buttock into the legs. *Sciatica* pain can reveal itself from the rear, back of the leg and areas of the foot. The leg can GET PAINFUL or just having pulling sensations; numbness or tingling can be another sign.

Overall, *sciatica* sufferers can avoid a lot of agonising back pain by maintaining a support for the back while sitting (avoiding sprawling on a couch!) and maintaining good posture, avoiding standing for long periods of time and using safe techniques for lifting heavy objects. Caring for your back should be an essential part of your daily routine. You can find out more about home remedies and an alternative cure

The key points to preventing or reducing back pain or *sciatica* can be as simple as posture, sitting with proper lumbar support, exercise, proper lifting techniques and knowing when not to lift a heavy

Symptoms such as a disability in walking suggest nerve root compression. In cases symptoms that are severe enough to consider a surgical intervention the physical examination is mostly followed by other investigative procedures. To confirm any doubts the physician might ask for, the doctor might perform any or all of the following tests:

Treatment for *sciatica* is varied. It is only possible to find out what treatment is best for you by going to your doctor for an accurate diagnosis. Your doctor may order an MRI to conclude the exact cause of sciatic pain, although many physicians can determine the cause through physical examination alone.

A physical examination and the medical history of the patient are very important for diagnosing *sciatica*. The doctor needs to eliminate normal back pain or lumbago before proceeding for sciatic nerve treatment. There is always a possibility that a difference in lengths of the two legs may cause pain in the lower back.

What is *sciatica*? *Sciatica* is the official name given to a pain in the leg, foot, or buttock, brought on by a form of irritation to the sciatic nerve, the longest nerve in the entire body.

\* X-Rays \* Magnetic Resonance Imaging (MRI) \* Computed Tomography (CT) Scan. \* Electromyography - passing an electric current through a nerve to record the electrical waves associated with the activity of skeletal muscles. \* Myelography - X-rays done after injecting a contrast medium into the space between vertebrae.

Amanda Baker writes for <http://tobeinformed.com>

Diagnosing *sciatica* is a complex procedure. Since the pain can be indicative of other conditions as well, it is also necessary to rule out more serious conditions like infection or cancer. *Sciatic* is a progressive disease that can immobilize the patient to a great extent. *Sciatica* alternative remedies like exercises, yoga and acupuncture can be very effective to stem the progress of a highly developmental condition. On the first signs of pain in the lower back an examination by a specialist is highly recommended.

Sedentary lifestyle, weak back and stomach muscles are usually causes of *sciatica*. Obesity will put an enormous strain on the spine and therefore increase pressure on the vertebrae.

for [sciatica](#) by looking at the link below this article. About the Author: Robert Locke is an Internet Marketer specializing in Health and Fitness.

Many people live with back pain in one form or another. Fortunately, there is some hope for those who are suffering with it. With discipline and the desire to feel better, exercising for *sciatica* can bring some relief and some people claim healing.

Exercise relief for *sciatica* can be obtained with physical therapy or whatever personal choices you desire. Keep in mind the preventative measures, and avoid procrastinating if you have the knowledge to

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object. Getting injured can be life changing and there are many ways that can lead to healing. Doctors can give you advice. Surgery in my family is always a last option. You can prevent a trip to the emergency room by working to keep yourself healthy and exercising regularly.

What Causes *Sciatica*? Basically it is severe acute pain in the lower back or it can be constant back pain radiating from the lumbar region of the back. The pain is caused by pressure or irritation of one or more nerves exiting the lower spine that make up the sciatic nerve. There are many medical conditions that can cause this, for example, a spinal disc has moved out of its original position and can therefore irritate the nerve root in the lower back which is joined to the sciatic nerve. Pain can be acute- lasting less than a month. Chronic pain will usually last longer than six months- the percentage is between 1-5% of all lower back pain cases.

About the author:

Richard provides articles and information about herbal remedies on his site at <http://remedyguidance.com>

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