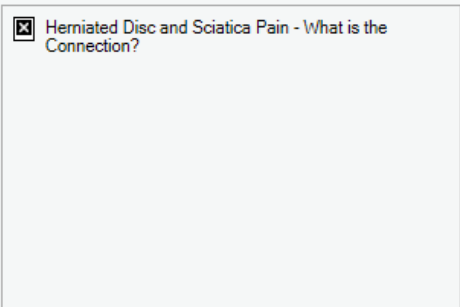


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Herniated Disc and Sciatica Pain - What is the Connection?

Is your *sciatica* pain common to herniated disc? If so, how do you get pain relief now? There certainly are a lot of different things that can go wrong with our backs. One of the worst problems that we can have, however, is if we have a herniated disc, especially if it is irritating the sciatic nerve. A herniated disc occurs whenever the padding that exists between the individual vertebrae begins to break down and eventually ruptures or protrudes. This can cause enough pain on its own but there are times whenever the bulging material will press against the sciatic nerve, either pinching it or irritating it in some way or another. This can cause a lot of suffering for the individual that has these kinds of problems.



For more information on **Sciatica** issues just visit [Sciatica](http://www.back-pain-advisor.com/sciatica.html) - <http://www.back-pain-advisor.com/sciatica.html>

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The sciatic nerve is the largest nerve that exists in the body. Starting in the lower back, it runs through the area of the buttox and then down into the legs. Since it is such a large nerve and covers a lot of ground inside of your body, there are a lot of opportunities for things to go wrong with it. Typically, the pain will occur because of problems that are experienced in the lower back. If this nerve is pinched or irritated in some way, perhaps through a herniated disc, the pain may be localized or it may even travel down into your legs. In order for you to get rid of the pain that you are experiencing, you need to remove the pressure from the sciatic nerve.

Miracle Tip 4: Posture - as most of you will sit in your job, sitting straight is important. Try supporting your lower back with a cushion or Lumbar Roll to ease pressure. Avoid sitting in chairs or couches that allow you to slouch. It may feel comfortable while sitting there, but getting out of the chair can cause more damage as you strain to get out. Posture is important, but the best advise is ...

There are many ways of treating sciatica but there also many ways of preventing sciatica in the first place. We will look at some of the best ways to prevent and treat Sciatica.

To stretch the Piriformis (which helps directly with your sciatica) lie on your back and gently pull your knee towards your opposite shoulder. Hold this as you feel a tightness not pain, hold for 6 seconds, drop your leg down and repeat 5 times. This will help ease tension quickly. For the best stretches and the best ways to stretch this area just visit [back stretches](#)

Miracle Tip 10: Help! - Yes if pain persists seek help. Whether it is a Chiropractor, Medical Doctor, Osteopath or Physical Therapist; seek help if pain persists. The earlier you seek treatment the quicker your sciatica will heal. To help your self you can use many safe and effective techniques that ease your sciatica quickly and prevent it returning. Best of all using self help techniques; you can save time and money and use these as soon as your sciatica happens rather than waiting to see if it doesn't disappear.

Sciatica pain is something you won't want to live with for an extended length of time. Effective treatment is available now that will ease your *sciatica* pain sooner than you might think.

Miracle Tip 6: Sleep On It - sleep is very restorative. Healing speeds up and damage is repaired quicker. If you find your **sciatica** is preventing you sleeping then follow the advice of tips 8 and 10.

Have you ever had to endure -- even for just a few moments -- a nagging and often excruciating pain running along the side of your leg? Then you may be feeling the effects of sciatica, typically a compression of the sciatic nerve fibers which runs from the lumbar region, through the sciatic foramen, and vertically into the back of the thigh and down your legs towards your feet.

Miracle Tip 7: Drink More - water I mean not booze. Muscles, joints and inflammation all respond well to fluid levels. If you are hydrated more then you heal faster. If you are like me and don't like water as a drink, then don't worry. Tea, juice, milk and even fruit and vegetables are now considered as part of your water intake. So increase this volume or squeeze a lemon into your water to add taste if this helps.

Many people think of sciatica, symptoms of which include pain down the leg, some numbness and weakness of the limbs as just another case of lower back pain and believe that with sufficient rest, the pain will go away. However, **sciatica** is a little more serious than that.

For example, chiropractic treatment is one such method in which you are offered non-invasive and medication-free therapies, to treat your *sciatica*. Chiropractic treatments can involve ultrasounds, TENS, spinal adjustments and cold therapies. Other alternative methods of treatment include acupuncture or acupressure, in which fine needles are stuck at specific points to help relieve pain; yoga, which involve stretching exercises and help a certain kind of sciatica pain and biofeedback, which is said to be a mind-body therapy helping you train your mind and body in controlling your reactions to pain.

Almost all these treatments are accompanied or followed by physical therapy, under a physician's supervision or on his prescribed course. This kind of physical therapy concentrates on building the muscles around the sciatica nerve roots so as to strengthen the lower back.

Tip 1: Posture, Posture, Posture: Maintaining a good posture while standing and sitting go a long way to avoid damage to the spine. Also one should avoid sitting or standing for very long periods.

Tip 5: Alternative Methods of Treatment: Other than medication and surgery, many patients suffering from sciatica have tried alternative methods of treatment and have claimed great success with them.

Dr Graeme Teague is an expert in the structural field, and has been in practice since 1991. His newly launched web site [The Back Pain Advisor](http://www.back-pain-advisor.com) - <http://www.back-pain-advisor.com> - strives to give you valuable and expert advice, tips and information on your back pain issues.

Miracle Tip 8: Pain Relief - if you need pain relief use it, whether it is an aspirin or a topical analgesic, if it eases pain then use it. Especially if it helps you sleep or do the activities you can't avoid in your day. Over use or continued use of pain relief is not good. If pain persists seek help! But if pain is less you heal faster, so don't think it is macho or strong to avoid it, if you need it use it.

The pain from sciatica can be varied: dull or sharp, tingling or burning, numb or accompanied by sporadic shocks of pain from the lumbar area going down the back of the thigh towards the feet. Any movement affecting the lower back such as sitting or even standing up can be painful.

Miracle Tip 5: Move It - do sit or stand for more than 20-30 minutes. Any prolonged posture builds tension in your muscles and joints. After all you are a movement based system, so move it often. With movement you improve the blood supply to the area, you also help muscles to ease their tension and keep joints moving. *Sciatica* is caused by tight muscles and joints, movement helps ease this tightness.

Although traditional western doctors are sometimes reluctant to recommend inversion tables or inversion therapy for back pain, there are claims that it can be effective. The reasoning or principle behind the treatment is simple. Much of the back problems people have are the result of aging -- in other words -- living a long time with gravity constantly pulling down.

For some people suffering from sciatica or other types of lower back pain, inversion table therapy may offer some relief. Inversion tables are specially designed tables that allow the patient to hang upside down or at an angle in an effort to alleviate back pain. Sometimes, gravity boots are used in conjunction with the inversion table. In a way, inversion therapy is similar to spinal traction or spinal decompression therapy.

An alternative type of spinal therapy uses a device call the DRX9000. This device is somewhat of a computerized traction table that uses a pull-and-release motion to separate the spine. This oscillating motion is important because it essentially counteracts the body's natural inclination to tighten up when being pulled. According to the developers of the machine, this allows the patient to be subjected to a much more effective spinal decompression treatment.

About the Author:

Verona Raymond gets effective results when dealing with herniated disc and sciatica pain. Learn her secret to eliminate herniated disc pain entirely and get her special [Back Pain Bonus Report](#) to discover how you can find immediate relief. To receive your own free back pain bonus report, visit: <http://www.herniated-disc-treatment.com>

Occasionally, the sciatic nerve roots - which start at the base of the spine and stretch all the way to the feet through the buttock and legs - get compressed or irritated causing pain not only in the lower back but also in the buttocks, thighs, legs, extending even to the feet.

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

About the Author:

for more info visit http://ezinearticles.com/?expert=Neil_Jones

Miracle Tip 9: Massage - gentle massage of the tight muscles will also ease tension. You can do this at home, ask your partner to gently rub the area and even use heat as a way to help the muscles relax. However, this may not be best in the first few days. Massage can cause more inflammation as will heat, so stretching is better in the first 48 hours, then after that use massage and heat. If you know a good massage therapist, then seek their advice as they will know what level of massage you need.

Did you know there are 10 miracle tips that can help you to remove your sciatica and make life enjoyable once again? Here they are... **Miracle Tip 1: Rest** - exercise is great at keeping you fit and strong, but once sciatica occurs it pays to ease up or stop exercising for now. The Piriformis muscle which is a common cause of sciatica, can get irritated with exercise that jars your body. So ease up on running, tennis, basketball, soccer and other explosive activity sports. Walking, swimming and other low impact sport is still good.

Self help techniques can be used with all back pain as soon as it occurs. The quicker you help your self the quicker sciatica and back pain in general will disappear once and for all.

Tip 2: Lifting of Heavy Objects: Try to share the load of very heavy objects with others. If you have to lift something by yourself, hold it close to you and then bend your knees, rather than bending your back.

Would you love to be like so many others and move around pain free? Being able to do everything you wish to do, not restricted as sciatica rules your life. Just imagine what you could do again.

Are you one of the countless thousands of adults with *sciatica*? Do you wake up in the morning with back pain that ravel down your leg? Are there activities that make you sweat, as your sciatica gives you that stab in the buttocks?

There are several types of physical therapy that you may have to go through in order to overcome the pain. Typically, this is accomplished through stretching and at times strengthening exercises that are done in the presence of a qualified physical therapist. There are also some specific exercises that you may be able to do at home in order to help speed along your recovery process.

Miracle Tip 2: Stretch - the lower back muscles and buttock muscles tighten with **sciatica**. The Piriformis if tight can cause *sciatica*, but the muscles surrounding the area will also tighten when pain is present. A gentle stretch to each muscle group helps to remove tension form the area and allow your sciatica to heal faster.

Very rarely, though, sciatica pain can be extremely severe and debilitating for patients who are recommended surgery. New surgical techniques like microsurgery and percutaneous removals allow patients to undergo these procedures and come out of the hospital much faster than ever before, decreasing the loss of work time.

The idea behind inversion tables is that your weight is turned upside down (or at least angled) and by having your weight suspended from your lower body you are putting equal and opposite gravity pressure on the joints and spine. Therefore, in effect, you are doing the opposite of what happens naturally -- the constant weighing down on the body by the pull of gravity when you are standing upright. This is intended to reverse or reduce the pressure on the discs between the vertebrae and help reduce the wearing down, or degeneration, of those discs.

One thing that you may be told to do is to use hot and cold treatments on this area of your back. This is a very common thing whenever it comes to herniated discs and they can actually help to ease some of the pain by reducing swelling. In the case of **sciatica** pain and a herniated disc, however, more may be needed in order for you to totally overcome the problem.

After 48 hours alternate ice with heat, finishing with 10 minutes of heat. Sciatica should settle by itself within a few days, if not the final tips are most important.

Tip 3: Exercise Regularly: Regular exercise will not only help you in your general fitness but also in the fitness of your lower back. Abdominal crunches are very helpful in strengthening your lower back. Swimming or Walking can also help with the lower back.

Miracle Tip 3: Ice It - in the first 48 hours use ice. Ice helps to remove pain and any inflammation. Place ice on the area for 10 minutes only, then rest for 10 minutes and then repeat so that you have 3 sessions of ice on the area. Do this every few hours for the first day and then 3-4 times the next day. In this time most sciatica should ease and settle.

You might be interested to know that there is some controversy over exactly what is going wrong in this particular case. Some doctors will refer to it as a ruptured disc while others may refer to it as a torn disc or perhaps even disc disease. Regardless of what they are calling it, however, you are probably interested in what can be done in order to alleviate some of the symptoms that you are experiencing. Although this will have a lot to do with the different diagnosis that you get, there are some things that can be done in order to take some of the pressure off of the sciatic nerve.

Tip 4: Medication and Physical Therapy: If you are suffering from lower back and leg pain, you could start off with simple painkillers, such as ibuprofen or paracetamol. If the pain is severe, affecting your day-to-day activities and simple painkillers do not work, you could have an anti-inflammatory medication prescribed for you. At times, these too are not enough and your doctor may suggest an epidural injection. In this, the medication is injected into the spine, which directs it to the areas of the sciatic nerve roots, soothing them and relieving the pain.

Always consult with your doctor or medical professional to understand fully your healthcare options and associated risks.

To learn more about back pain causes and possible treatments using inversion therapy and the DRX9000 visit <http://www.drx9000-spinal-decompression.com> - a popular website that specializes in providing information on back pain causes and treatments.

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