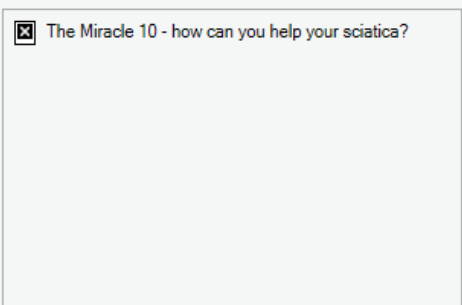


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The Miracle 10 - how can you help your sciatica?

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?



In the legs there are two main, large nerves, the femoral nerve at the front and the sciatic nerve at the back. The sciatic nerve passes down through the buttock area into the back of the thigh and leg.

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.

So what should you do? Your sciatica needs a collective approach. This means you need to eliminate all the causes of your sciatica, no matter how minor they may be. If you don't ... your sciatica will return. Research has also shown that when it returns - it comes back worse the second time around. So eliminate properly the first time and save your self a lot of pain and money.

Try ibuprofen,(if you are not pregnant) it helps a bit sometimes, and a hot water bottle, and lay down for a while. Also hot bath sometimes helps.

In severe cases the leg may feel weak and the strength may be reduced. Often, disc bulges cause no back pain at all; the symptoms are felt only in the legs.

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

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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 ...

Your sciatic nerve pain that you thought you were doomed to have forever, or at least need surgery for. Is able to be treated and treated successfully.

Running down through the middle of the spine is a channel called the spinal canal, its here that the spinal cord sits. The spinal cord is the main structure that passes messages from our brains to our bodies.

To understand this you need to have a bit of an idea about human spine anatomy. The spine is made up of large bones called vertebra. These bones are separated from one another by spinal discs. Each vertebra overlaps the next at the back to form a joint called a facet joint.

The term slipped disc makes it sound as if it can slip about inside. In truth the disc cant slip anywhere, it is firmly fixed at the top and at the bottom to the vertebrae above and below.

Sciatica is a condition in which pain shoots down an leg or arm as a result of a pinched nerve. Pain that runs along the course of the sciatic nerve is referred to by laypersons as sciatica. It especially appears in the back of the thigh also causing pain in the lower back, buttocks, hips, and/or adjacent parts. **Sciatica** is pain caused by general compression and/or irritation of one of five nerve roots that are branches of the sciatic nerve. The pain is felt in the lower back, buttock, and/or various parts of the leg and foot.

Your attack needs to address the three main factors. If you target these then your sciatic nerve will heal. But as the saying goes... if pain persists see your doctor. Although the majority of sciatica cases are not serious, if pain persists it pays to seek help. One to rule out the serious causes and secondly if it fails to heal quickly, professional help will speed your recovery.

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> - strives to give you valuable and expert advice, tips and information on your back pain issues.

Sciatica is caused by a sciatic nerve irritation. This is most commonly caused by a disc bulge in the lower back. What is the sciatic nerve?

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.

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.

When the nerve is irritated by the disc bulge it can become inflamed. Remember what it feels like to hit your finger with a hammer or catch it in a door for a moment. Following the nasty sharp pain you are left with a dull ache. The finger may become red and swollen; there may be some heat or warmth there. After a while, those symptoms settle and everything gets back to normal. Its very similar with the sciatic nerve. It becomes very sore and can give you a lot of pain, even though it is not actually trapped or squashed.

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.

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.

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.

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.

Surgery for **sciatica** might be warranted if the sciatic nerve pain is severe and has not been relieved with appropriate manual or medical treatments. Patients should seek immediate medical attention if they have any symptoms of progressive lower extremity weakness, loss of bladder or bowel control.

Sciatica or sciatic nerve pain is a term often used to describe all sorts of back pain. In fact, less than 5% of people who suffer from lower back pain will have sciatica.

Is **sciatica** driving you crazy, are you tired of waking up in pain and not being able to do want you want to do? Does your sciatica cause so much pain that life is just not enjoyable anymore?

Oil of wintergreen, which contains methyl salicylate, is widely used externally for its anti-inflammatory activity for arthritis, rheumatism, sciatica, and sore muscles.

Why are so many people given the diagnosis of sciatica? Very often, as soon as anyone has any lower back or leg symptoms they are told that have sciatica. However, there are other things that can cause leg pain; a strained facet joint for example can cause pain in the buttock and thigh. But if the sciatic nerve is not irritated then it is not *sciatica*.

In fact - research now shows that the majority of sciatica cases are not caused by disc injuries. The majority are a result of spinal misalignment, muscle tension and inflammation of the sciatic nerve.

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Don't worry... It may feel like your life is getting worse, but in reality your sciatica is curable. Sciatica is commonly thought to be due to disc problems - you have a disc that bulges, that puts pressure on the nerve which then radiates down your leg... sciatica. And the cure... medication and surgery are your likely options.

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.

Stay active and go outside. As annoying as it is sometimes to not relax on the sofa, it is really good for you to stay active. If that means walking then fine. Well, there is a fairly new one-time treatment called Atlasprofilax. This treatment really seems to stop a main cause of sciatica, and I know of some persons who got rid of all symptoms within a short period of time.

The best way to tell if it is sciatica is to undergo a series of test that your physiotherapist or doctor can perform. These simple clinical tests will be enough to identify if the problem is an irritated sciatic nerve. Paula Fitzpatrick is a British trained physiotherapist specialising in the treatment of back pain. Visit The Lower Back Pain Toolkit for up to date, reliable information about the causes and treatment of lower back pain. Learn more about **sciatica** and sciatic nerve pain.

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.

The single most useful thing is a back rehabilitation course. It consisted of exercises which strengthen the spinal muscles and surrounding muscles. Also try and find a pain support group which you can attend. Others in the same situation can be a great support. Some groups also have relaxation sessions, hypnotism and other alternative remedy sessions to help their members.

An important thing to know is that many people have disc bulges and have no symptoms at all. There are some other conditions that can cause sciatic nerve pain but they are much less common. These include degenerative disc disease, severe osteoarthritis, spinal stenosis or spondylolisthesis. Fractures, tumours and infection can also cause **sciatica**.

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Generally, sciatica is something older people have to endure. Perhaps it's a simple matter of a hip or pelvic bone out of place. Sciatic pain is more commonly due to a back problem not a leg or knee problem. Have you had an MRI of your lower back, I would ask your Dr. about that, especially at your young age.

What are the symptoms of sciatica? If someone has true sciatica then they often have pain in the legs, usually in the buttock, back of the thigh or calf. There may also be pins and needles and numbness in parts of the leg.

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.

The second area to attack is inflammation. Sure this can be accomplished by medication, but medication can have side-effects. So use natural products such as Homeopaths, herbs etc first. If they fail to remove the inflammation, then use medication. Inflammation is not a major cause of sciatica though, but should still be addressed.

If you have your joints moving correctly, muscle low in tension and inflammation gone ... sciatica will disappear almost overnight. All these are achievable by you using techniques you can use at home. Sciatica does not need to be a pain in the butt. It can disappear simply and easily.

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

What causes sciatic nerve pain? The most common cause of sciatica is a disc bulge. The disc is a very misunderstood structure; it has been blamed for back pain ever since it was discovered. Over the years we have started to believe that the disc is a really weak and vulnerable structure.

Unfortunately, if you don't get professional help, it is a condition that can worsen over time and will certainly not heal itself. You can find chiropractors in your area that are willing to adjust their pricing according to your needs and income.

The disc can and does cause problems however. Sometimes the central area of the disc bulges, usually backwards and sideways. This can cause an irritation of the nerve root as it leaves the spine. Occasionally the bulge is severe enough to actually squash or trap the nerve but this is fairly rare.

Going to see a Massage Therapist will help alot. They can show you some stretches you can do at home to loosen up your muscles in your low back ,legs and butt, that will help out alot.

Stretching is the ideal way to reduce muscle tension. However, the most important ingredients are not what to stretch, but when and how to stretch. There are some simple and highly effective stretches that will reduce muscle tension in days.

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.

But back to the three pronged attack... Firstly you need to reduce tension in the Piriformis muscle. The Piriformis is the muscle that causes most cases of sciatica. The sciatic nerve either runs through this muscle or close to it. When the muscle tightens, the sciatic nerve is irritated - you now have **sciatica**.

The final area to correct is the spinal and pelvic misalignment. When the spine and pelvis tighten the muscles in the area tighten, which then leads to your sciatica. To balance the pelvis and lower spine, you need to use techniques that re-align the spine and pelvis and maintain it. Simple ways to keep the spine moving freely and easily.

Never put ice directly on your skin, but try putting it into a ziptop bag, put that into a damp clothe, and put that onto you effected side buttock for about 20 minutes. This should help relax the piriformis, which could be in spasm, causing sciatic nerve pain.

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.

At each vertebra the spinal cord braches out to form a nerve root, these nerve roots leave the spine via a gap between each vertebra and then bundle together to form much larger nerves.

Rachel Broune writes articles for **Sciatica** Pain. He also writes for Skin Care and Health Care

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