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Wed October 17, 2018

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How to Use Massage Techniques for Sciatica Pain Relief

Persons suffering from sciatica seek pain relief in different ways. In some cases, where patients are suffering from acute pain, medications can provide relief. In extreme cases, epidural injections and even surgery may be suggested. Even after all these treatments, for long term relief from sciatica pain, people do turn to sciatic stretches as also look for various massage techniques for *sciatica*.

There may be many reasons for sciatic pain - it could be caused by some irritation in the 5 nerve points leading to the sciatic nerve, irritation or compression in the sciatic nerve itself or because of some tightening in the vicinity of the Piriformis muscle. Irrespective of the cause, it has been found that massage therapy helps all these conditions. Massage therapy helps in relaxing muscles and improving ones' posture. This also relieves the pressure on the various nerve points as well as the sciatic nerve. Depending on how acute the pain is as also what stage of treatment one is, there are different massage techniques that one can try.

Usually, the kind of massage you get will depend on the exact cause of your sciatic pain. So, before you start on a massage therapy, meet an expert who will understand your condition better and advise you on what massage techniques will suit you best. Massage therapy usually starts by hands-on assessment of the lower back area and buttock area. The main source of pain is usually the lower back muscles. The therapist will massage the lower back muscles as well as the hip rotators to relax them and bring relief from the pain. The Piriformis muscles are also concentrated on by slowly starting along the sacrum edge. The pressure and technique is adjusted depending on the person and how well he is responding to the massage. At times, such deep massaging is not required and just gentle vibrations on the sacrum and buttock also prove very effective.

It is important that the patient and therapist share an open and healthy relationship as a therapist will have to modify his technique depending on how the patient is responding. The patient has to be comfortable with the therapist and stay in a relaxed state of mind during session to allow for the full benefits of the massage. They have to be constantly communicating with each other especially during massage sessions so that the therapist understands if the patient is finding the massage beneficial, if so, what area is it helping and how effective is it. This is true specially, at key points, like in the lower back areas where the therapist may prompt the patient to inform him of how he or she feels. With constant feedback, the therapist may adjust his style as also the technique to better benefit the patient.

It has been found that for many people, even those with chronic sciatica, massage techniques have provided significant and long-lasting relief. It has to be noted that for healing effects and long-term relief, these massage techniques have to be performed properly and regularly.

[href="http://www.sciaticatreatment.org">sciatica](http://www.sciaticatreatment.org) treatment head to: <http://www.sciaticatreatment.org> today!
David Lind

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