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# Sciatica Exercises That Relieve Back Pain

I wanted to talk to you about **sciatica** exercises that relieve back pain. Most people would say that back pain is probably about the worst pain that you could ever experience. It's not like a paper cut that effects a tiny fraction of your body. Back pain is an electrical storm of pain that travels across your back. It's crippling in a way because any little movement could lead to it. You could be reaching into your refrigerator and you feel the sharp pains spread throughout the back. It's a rough time and being able to get easy relief is important. This is why I wanted to share with you sciatica exercises that relieve back pain.

Sciatica Exercises That Relieve Back Pain

Spinal stenosis related to age is the more commonly acquired form. This form of the stenosis condition may cause various spinal components to sag or bulge from arthritis. Discs, joints, and ligaments can be affected. These changes, which occur with age, can have the effect of narrowing the spinal canal and thus trigger spinal stenosis pain.

This is because without them carrying out any kind of exercise or movement the muscles in the back and their spine will lose its condition and will then find it very difficult to support the back properly. The weakening of the back could lead to injuries and this will only then increase the amount of pain that the person is feeling.

Essentially what is happening is that there is some nerve or nerves are getting irritated. A common reason is due to your spinal discs. They're supposed to hold onto liquid and slowly compress throughout the day. If you have a burst disc or one that is too low, your vertebrae will actually grind together and most likely on a nerve. You can also experience the pain of sciatica when a tight muscle compresses on a nerve. The idea of the exercises is to help get the stress off the nerves and get rid of the pain.

However there are ways in which sciatica can be treated and certainly using sciatica exercises can be extremely effective in dealing with this particular problem. Although many people may feel that bed rest is the best way for treating sciatica this is simply not true. Yes resting for a day or two can help to relieve the pain felt when the sciatica flares up but after that, because a person has become inactive, they will find that the pain actually becomes much worse.

Another cause of sciatica is trauma caused by accidents. The impact may injure nerves or cause fragments of bone to compress the nerves (lumbar or sacral spinal nerve roots)

Stretching exercises are especially good for treating *sciatica* as they target those muscles which are causing the pain because they have become tense (tight) and not as flexible as they should be. People who take up *sciatica* exercises find that it helps to strengthen and stretch the back muscles and they can recover much more quickly when they suffer a flare up of sciatica in the future. Plus it has also been found that it actually helps to prevent them from suffering future episodes of sciatica pain.

There is one type of spinal stenosis that exists where individuals are born with a narrow spinal canal. In people that have this condition even minor structural changes to the spine can cause severe spinal stenosis.

If you think you may be suffering from sciatica, be sure and contact your physician to get a proper diagnosis! Liana Mirkin is the IT Director for Spina Systems International, Inc., a company which specializes in distributing the

When the nucleus breaks through the annulus a herniated disc occurs. It is called a 'non-contained' disc disorder. A bulging disc is also known as a contained disc disorder. This means the nucleus pulposus (gel-like center) remains 'contained' within the annulus fibrosus (tire-like outer wall) of the disc. Because a herniated disc is a 'non-contained' disc disorder, the consequences of a herniated disc are worse. Whether a disc or herniates or bulges, disc material can press against an adjacent nerve root and compress delicate nerve tissue and cause sciatica. Irritation and nerve compression cause pain and inflammation often leading to extremity tingling, muscle weakness and numbness. The disc material itself also contains an acidic, chemical irritant (hyaluronic acid) that causes nerve inflammation. The herniated nucleus causes direct compression of the nerve root against the interior of the bony spinal canal.

Many of the sciatica exercises you will see being presented to you by your doctor, health care provider or by websites providing information on exercises for treating this problem will focus on strengthening both the muscles in your back and abdomen. By strengthening these muscles a person is actually providing their back with more support.

Exercise is actually extremely important to our spine especially in order to keep the discs within the spine healthy. By carrying out movement a person is actually enable nutrients and fluids to gain access to these discs which in turn ensures that they remain fit and healthy.

In most people, self care measures is usually recommended a sciatica treatment as this usually responds well. Continuing with your usual activities but avoiding the original factor that aggravated your sciatica pain in the first place will help you to heal more quickly. Even though it seems like a few days of bed rest may provide some relief, any more then this is not a good idea. Inactivity will make your symptoms worse over time. In addition to self care sciatica treatment, try some of the following: Cold Packs: Cold packs help to reduce inflammation and relieve some of the discomfort. In a clean towel, wrap an ice pack or a bag of frozen peas and apply to the affected areas for fifteen to twenty minutes four times per day. Hot Packs: After 48 hours have passed, apply heat to the affected areas. Warm packs or a heating pad on the lowest setting should help to alleviate some of the pain. Try to alternate warm and cold packs if you continue to have pain. Stretching: When stretching initially after your sciatica flare up, stick to passive stretching and avoid jerking motions including bouncing or twisting. Over The Counter Medication: There are two categories of pain killers. The first one only relieves pain. The second type of pain killer relieves pain as well as treats inflammation. These are called Nonsteroidal anti-inflammatory drugs. Products such as aspirin, ibuprofen and acetaminophen products such as Tylenol can help to relieve sciatica pain. These can provide real pain relief but there is a limit to how much pain can be controlled. This is known as the ceiling effect - exceeding the recommended dosage wont provide better results. Worse though is that these NSAIDS are known to cause side effects in some people such as nausea, stomach bleeding or ulcers. Acetaminophen has been known to cause liver problems if taken in excess. If you use these medications on a regular basis talk to you health care professional so that you can be monitored for problems associated with prolonged usage. If you are exercising, stretching or following another sciatica treatment program you should periodically re-evaluate if you still require these NSAIDS for pain management. Prescription Drugs: A muscle relaxant along with anti-inflammatory medications may be prescribed by your health care professional. In some cases of chronic pain anticonvulsant and tricyclic antidepressant drugs may also be prescribed. By blocking the pain messages being sent to your brain or enhancing the bodies production of endorphins, pain symptoms can sometimes be handled this way. Your bodies natural painkillers are called endorphins. Physical Therapy: Physical therapy can play an important part in your recovery from a herniated disk. When your condition improves your physical therapist can work with you to help design a rehabilitation program that will help you prevent the same injury in the future. Regular Exercise: When you injure yourself you think that movement or exercise would be counterproductive and all you want to do is just lay down and rest until the pain goes away. The truth is that regular exercise is the best way to combat many ailments, including chronic discomfort. When you exercise your body releases endorphins. Endorphins are the chemical that prevent pain signals from reaching your brain and can also help to fight against anxiety and depression. Your pain may be more difficult to control if you suffer from either depression or anxiety.

Piriformis Syndrome Due to the lack of MRI or x-ray findings, it may be difficult to diagnose and treat piriformis syndrome. The piriformis muscle connects to the thighbone, assists in hip rotation and is located in the lower part of the spine. When muscle spasms develop in the piriformis muscle thereby compressing the sciatic nerve, Piriformis syndrome develops. The sciatic nerve runs beneath the piriformis muscle. Piriformis syndrome is named for the piriformis muscle and the pain caused when the muscle irritates the sciatic nerve. Lumbar Bulging or Herniated Disc

Lumbar Spinal Stenosis The condition of spinal stenosis results in the spinal canal narrowing. The narrowing causes pressure on the spinal cord and spinal nerves. Common in patients over the age of 50 and with causes that are not clear, spinal stenosis has two different types frequently described. A common complaint of spinal stenosis patients is leg pain which gets worse with walking. Another complaint is back pain. Sitting and bending can sometimes alleviate these pains.

Spinal Tumors Spinal tumors can be benign or malignant, but are fairly rare. They cause sciatica due to pressure on the disc. Trauma

There are six typical causes of **Sciatica**. Spondylolisthesis Spondylolisthesis is usually found at birth, early childhood or acquired from physical trauma such as weightlifting. It is a disorder that most often affects the lumbar spine. Spondylolisthesis is characterized by one vertebra slipping forward over an adjacent vertebra. Often sciatic leg pain is caused when a nerve root compresses due to the vertebra being displaced and slipping.

However the actual **sciatica** exercises a person will use to treat the problem will depend on what the actual cause of the pain is. Plus it is important that you should know that this type of pain can be caused by some other underlying medical condition such as an infection or tumor which will need to be treated as well using the right kind of medical procedures. For more details visit [www.soundbodytrainer.com](http://www.soundbodytrainer.com)

The sciatica exercises that relieve back pain are really easy. The first one involves you laying on your back and pulling your knees up to your chest, giving them a hug. The idea here is to stretch out the lower back, which rarely ever gets a stretch. The other exercise is grabbing onto something above you and allowing it to stretch out your upper body. It's sort of like hanging on the monkey bars.

In most circumstances conservative sciatica treatment is tried for three to six months. When conservative sciatica treatment fails to alleviate your pain more aggressive sciatica treatment options are usually attempted. Epidural Steroid Injections: An injection of a corticosteroid medication to the affected area may be helpful in some instances. If taken in doses that exceed your natural levels, inflammation is suppressed relieving painful symptoms caused by the pressure of the inflammation. Most effective when used in conjunction with a sciatica treatment rehabilitation program. Because of the serious side effects that corticosteroid injections can cause, the number of injections you can receive in a year is usually limited to no more than three. Surgery: Surgery is most often a last resort and left until the compressed nerve causes significant weakness, loss of bowel or bladder control, or if the pain itself is progressing and conventional sciatica treatment is not working. Most often surgery is preformed as a sciatica treatment to remove a portion of a herniated disk that is pressing on a nerve. The goal is to preserve as much of the normal anatomy as possible, leaving as much of the disk intact as possible.

Sciatica is not a specific disease, instead it is a condition characteristic of several different diseases. Simply put, it is a mild to intense pain in the left or right leg. *Sciatica* is caused by a compression of one or more of the five sets of nerve roots in the lower back. These compressions are typically caused by a disc rupture or bone spur in the lumbar spine. It causes pain, numbness, tingling, and weakness in the arms or legs. This is referred to as radiculopathy. If the nerve root causing the problem is in the neck it is called cervical radiculopathy. Sciatica is called a lumbar radiculopathy since it occurs in the lower back.

People who suffer from sciatica will often feel pain in their leg which can travel from the back of their thigh up to the thigh and in some cases up to the hip or down towards the foot. For some people not only will they feel pain but they may find that their leg become numb and they will have problems in trying to either move or control their leg.

Learn more about the Sciatica Stretches That Work

Accu-SPINA machine, which treats chronic back pain in 86%-94% of patients without surgery. You may find the website at [SpinaProgram.com](http://SpinaProgram.com)

David Lind

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