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Sciatica and You

Sciatica is a condition in which one tends to experience pain in their lower back region and the surrounding areas such as buttocks, legs, feet etc. This condition is mainly caused due to compression and irritation caused in the sciatic nerve, or the nerve roots that combine together to generate the sciatic nerve. In addition to the severe pain, one also experiences weakness in the muscles, sense of numbness, or problems in movement and control of the legs. Generally, only one of the sides of the body gets affected.

 Sciatica and You

Imagine waking up without sciatica. Being able to do all your daily tasks without that 'real pain in the butt'. Just think of all the things you could do again.

Tip 2 - Stretch your Piriformis muscle. A tight Piriformis muscle is the most common cause of sciatica, disc injuries for example only cause less than 4%. For the best stretches see the links below.

Most of the time this back pain will also resolve itself and all of the horror stories that you have heard about back surgeries just aren't true. It is very unlikely that any surgery will be required. The tendency of all those who are suffering from sciatica is to just simply quit doing things that hurt. They crawl into bed and just stay there. Nothing could be more detrimental to the healing process.

Maintaining a good posture can help to relieve the pain of back ache. There is a tendency to arch the back in the later months of pregnancy. This arching only intensifies the back pain rather than relieving it. The straighter the backbone can be kept, the less pain there will be. A pregnant woman should never pass up the opportunity for a backrub by the baby's father. The massage really can help to provide back pain relief and the massages are comforting in many other ways as well.

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Sciatica home treatment is easy if you know what to target, how to target the areas and how to effectively eliminate your pain. **Sciatica** is a common condition, but you have the tools to make it disappear quickly. It eases the quicker you do something, apply the tips above and the visit the links below and sciatica can disappear quickly. All you need to do is follow some simple tips for sciatica home treatment.

Back Pain Caused by Lifting Back pain caused by muscle strain or sprain can be caused by many common human activities like bending, stretching, and twisting. Heavy lifting is one of the most common causes of muscle strain or sprain of back muscles.

Wouldn't it be great if you could just make it all disappear? No more **sciatica**, no more back pain... There is some good news ahead 5 amazing **sciatica** home treatment tips. Follow these and your sciatica will ease and disappear quickly.

Many or closer to most women simply accept that back pain is a part of this normal pregnancy process. But what they don't realize is that they do not have to take back pain lying down, so to speak.

Stretching exercises will promote healing of the sciatic nerve and help to relieve the pain associated with **sciatica**. A physical therapist can give instructions for appropriate stretching exercises.

Back Pain and Sciatica Lower back pain is one of the most common maladies of the human race. The greatest majority (about 90%) of all adults regardless of race will suffer some type of back pain during their adult years. Only the common cold is responsible for more lost work days than lower back pain. Most of the time, back pain is caused by a muscle strain. Rest and over the counter medications will normally take care of it.

The back pain associated with pregnancy is caused by many things. A woman's body changes shifts here center of gravity as the baby grows. The center of gravity is continually shifting with every ounce of weight that the baby gains.

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Do you know if you are likely to suffer from **sciatica** or back pain? Take this simple sciatica test and see... If you have **sciatica**, would you like to know which stretches are best? Learn the simple and highly effective ways to get rid of **sciatica** once and for all.

There are exercises that can help to relieve the pain that this shift in the center of gravity causes. Strengthening muscles relieves pain. Search the Internet to find directions for performing these great back pain-relieving exercises.

Tip 3 - Balance your Pelvis. When you pelvis twists, the Piriformis muscle tightens, the lower spinal joints stiffen and sciatica occurs. Re-balance the pelvis and tension eases quickly. You can check if your pelvis is okay by lying down. Place a hand under each side of the pelvis at belt height. See if there is one side that is easier to slide your hand under. If so then you pelvis is out of balance. This is only one test, for the other 3 see the links below.

Tip 1 - in the first 48 hours use ice. If you use ice in the first 48 hours, the majority of sciatica will disappear before it starts. Put ice on the area for 10 minutes, rest for 10 minutes and then repeat the process two more times. Ice is only effective for the first 48 hours, so don't delay using it. This is the first amazing tip of sciatica home treatment and one most people fail to use...

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Causes The compression of the lumbar nerves present in the human body is one of the causes of **Sciatica**. Along with lumbar nerves, the sacral nerves also may play a part. As already stated, compression of the sciatic nerve itself is one of the root causes.

Find out more about Sciatica and learn how to completely cure and eliminate your sciatica naturally in 7 days at <http://www.treatsciaticanow.com>

Risk Factors Associated With **Sciatica** The risk factors that are commonly associated with sciatica are problems in ones health, choice in lifestyle, and factors affecting the innate qualities, like, race, age etc.

Using proper lifting techniques can also help to prevent the back pain that has been caused by heavy lifting. The key is simply to lift by using the muscles in your legs rather than the ones in your back. Keeping you spine straight, squat down, grip the object to be lifted, and stand up. The muscles in your legs will be doing the work, and legs muscles don't cause back pain. The muscles in the legs are much larger than the muscles in the back. They are better equipped to do the heavy lifting than the muscles in the back. Use dollies to move heavy furniture rather than your leg muscles or your back muscles. But if you must lift heavy objects, rely on the muscles in your legs.

Tip 4 - Keep moving. You do not need to move fast but you need to move. If you rest and do not move at all, muscles will tighten quicker. This is why you may pain is worse in the morning after a nights sleep. Movement helps to keep the pelvis moving, the spinal joints eased and the muscles relaxed.

Diabetic Condition: Diabetes is the condition in which the levels of sugar in the human body tend to exceed their norm and hence makes a person more prone to a damage of the nervous system. Age: As one grows older, there are changes in the spinal region in a person's body. These changes are one of the most common causes of the sciatic condition. The disks present in the spinal chord tend to deteriorate with time and as one approach the age of thirty, this is most common. Lifestyle-related changes: A good example of this would be sitting in one position for long hours, for relaxing one's body. Sitting in one position mustn't be prolonged, for, this makes a person more na?ve to **sciatica** than those who are comparatively active in their day to day chores. Occupation: If one is occupied in a job which demands them to frequently carry heavier weights, twist their backs, or be on the move for long durations of time, such people are more prone to sciatic condition.

Sciatica, you know that pain that runs down your leg. The pain that drives you crazy and stops you enjoying so many activities. It nags away and even makes you feel tired and grumpy.

Tip 5 - If pain persists... seek help. There are many ways to release your sciatica, most of these can be done at home and are highly effective. The big piece of advice is ... don't wait too long and never wait too late.

Most cases of sciatica can be treated by one or more of the following: ?? Acupuncture ?? Physical therapy ?? Anti-inflammatory medications (for example NSAIDs or oral steroids) ?? Osteopathy ?? Pain medication (for example acetaminophen) ?? Surgery: Surgical options such as lumbar laminectomy and microdiscectomy are considered as good options by many. The difference between the rates of success of discectomy and microdiscectomy is almost miniscule, but one tends to experience lesser pain and fast recovery with microdiscectomy. ?? Structural integration ?? Yoga ?? Chiropractic ?? Stretching exercises

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.

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If you have ever watched professional weightlifters in action, you have probably noticed that they are all wearing what appears to be a wide leather belt around their middle sections. The purpose of the weightlifter belt is to provide added support to their lumbar regions and help to prevent muscle strains that will cause pain when they are lifting weights. Home Depot requires their employees who must do heavy lifting to wear a girdle that is similar in structure to a weightlifter's belt. These belts can help, but the better solution for those who must engage in heavy lifting is to strengthen the muscles in the back and pelvic area that are used when lifting. Toned muscles are much less likely to be strained or sprained.

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The pain is generally confined to the lower back, but muscle strains can also cause pain in the upper back and the neck, as well as the shoulder. When the pain is in the buttocks area and there is pain down one leg, the problem is that the sciatic nerve is also involved. Normally, the pain is caused because there is a slipped disc. But don't panic.

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Back Pain and Pregnancy. Pregnancy is a temporary nine-month period in a woman's life that is filled with apprehension, euphoria, fear, joy and so many other emotional and physical feelings. A woman's body goes through dramatic daily changes as this new little person inside of her starts and continues to grow. Hormones are out of whack with weight gains in places that seemingly have nothing to do with being pregnant.

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The pain of **sciatica** usually starts in the buttocks and travels down one leg. One patient described the pain leaving by saying that it traveled down his leg and out his big toe. As the weeks progressed, the pain got lower and lower and finally only his big toe hurt. It makes perfect sense. The sciatic nerve ends at the big toe.

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