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Suffering With Herniated Disc Problems? 5 Ways to Relieve Your Back Pain Now

Does this scenario sound familiar? You bend over to pick a Kleenex off the floor. Your back locks up. You begin to experience lower back pain radiating into the buttocks and down the leg. You consult with your doctor who orders an MRI. The MRI report identifies a herniated disc.

 Suffering With Herniated Disc Problems? 5 Ways to Relieve Your Back Pain Now

How to End Your Worrying & Your Back Pain 1. Understand that the presence of low back pain, pain radiating down the leg, and a positive MRI do NOT necessarily implicate a herniated disc as the source of your back problem.

5. Stop pursuing treatments that will have zero effect on your herniated disc problems. Instead you should seek out a musculoskeletal specialist that has the skills to identify and address underlying muscle imbalances. Chances are that once identified and treated, your back pain and **sciatica** pain will go away completely.

The Truth About Herniated Disks May Shock You Did you know that if we were to perform an MRI on people with NO back pain, as high as 85% of those people would show evidence of a herniated disc? The truth is that if you have back pain, there's a good chance a herniated disc has NOTHING to do with your pain.

How to Treat **Sciatica** Pseudo **Sciatica** is easily treated?????? by massage therapy. Usually in one treatment you will notice a dramatic improvement in your symptoms. Some home care exercises are prescribed and if you follow them you should have no more symptoms.

First, let me tell you why today's traditional treatment methods just flat out miss the boat. The medical community is so conditioned and focused on treating only the symptoms and trying to get in as many patients a day as possible, that many people are misdiagnosed and/or mistreated.

To make this determination, a thorough physical examination must be performed and the findings corroborated with MRI films. WARNING: Your report of symptoms and a study of the MRI film DOES NOT constitute a thorough physical exam. It should include a detailed medical history, an actual assessment of your movement, strength, reflexes, sensation and any pertinent clinical tests plus a review of the MRI film.

I highly suggest trying it out and talking with Mike Dixon RMT. He has had over 20 years of clinical experience and he has been teaching spinal orthopaedics for over a decade. He has also written two books on spinal manipulation.

Are you one of the over 80% of adults suffering from back pain? Then you need simple, valuable and expert advice - visit The Back Pain Advisor - <http://www.back-pain-advisor.com>.

2. Increase your awareness of specific symptoms that may implicate a more serious back problem. These include: Fever in addition to intense back or neck pain.

Yet, despite these favorable back pain statistics, a herniated disc diagnosis continues to cause concern in people suffering with back pain. To alleviate this concern, it's important that you understand the process for determining the significance of a herniated disc. Plus, you should know the steps you can take to reduce the chances of a herniated disc ever becoming an issue.

Let me give you some examples of what I mean: 1. If you sit on the edge of your chair with you legs separated and your feet pointing outward you are keeping your Piriformis muscle in a shortened position and that's how it gets tight and with extended sitting in that position, it gets weak form lack of use. Hence the imbalance.

What is Sciatica? Sciatica is a medical term used to explain symptoms that develop when the Sciatic nerve is compromised. Pseudo sciatica, which is the most common, occurs when the sciatic nerve is compressed by the Piriformis (bum) muscle. True sciatica occurs when one of the sciatic nerve roots is compressed when it exits the spinal column.

The other way sciatic pain creeps into your life is due to your lifestyle and habits, and that is what we like to call the process. The process can be described as a prolonged onset of symptoms based on your everyday activities...

However in **sciatica** the key is to make sure your Sacro-Iliac joints are moving correctly. Fail to do this and your sciatica may very well become chronic. Something you can avoid easily by learning simple ways to get this joint moving now!

The main problem is these joints become habitually tight - as you cannot rest them as they are used almost constantly. To change these joints you need to target them at home each day and train them to work better. Treatment by a practitioner will help, but the breaking of habits requires daily, at home, techniques to train these joints to function correctly.

Symptoms of **Sciatica** Regardless of the type of **Sciatica** you have the symptoms are the same. These symptoms include but are not limited to pain in the low back, buttocks and down the back of the leg. Numbness and tingling are also common symptoms and they follow the same pathway. Weakness can develop anywhere along this pathway because there is an interruption in the sciatic nerve transmission.

Recovery Tip: In severe cases, the sciatic pain can run from the top of the hip to the bottom of the foot. It is very important to recognize that changes and shifting of pain is often times a sign of improvement. Further more as a way of gauging recovery, take note of how far down the leg the pain goes. If the pain goes to the foot one day and then only makes it to the calf and then to the knee and then it can only make it to the hamstring that is a sign of improvement. You should feel good about those noticeable improvements and this should give you encouragement to keep working toward a full remission of pain.

Sciatica and Piriformis Syndrome are the same condition... it is just that the medical community is starting to call the condition by the muscle (Piriformis) that is involved and getting away from calling it by the name of the nerve that is involved (sciatic) nothing more than semantics.

Article courtesy of <http://www.losethebackpain.com>. Get the facts on sciatic nerve pain that your not getting from your doctor... free access to back pain articles, information, and research.

However, from a technical stand point the process really describes the development of the muscle imbalance in your hip. The Piriformis muscle is responsible for external rotation (moving your leg so your feet point outward). So over time that muscle gets tight from the positions you put your self in and weakens from lack of use.

The most common joint to cause sciatica is seldom listed. The joint that allows sciatica to become chronic because it is rarely corrected. The joint you use in almost every activity, whether you bend, lift, twist or even turn over in bed. This joint has no disc and hence can become inflamed and cause back pain and sciatica easily.

3. Realize herniated disks don't just happen because you leaned over to pick up a Kleenex. Spinal discs are tougher than what was once thought. They can tolerate a tremendous amount of physical abuse. Just ask the Navy SEAL recruits who entered SEAL training with diagnoses of herniated disc problems. After 14 weeks of the most physical and mental challenging training on the planet, they experienced no changes in their herniated discs.

For you to beat sciatica and remain pain free you need to address this joint. You need to relax the tight muscles around your lower back and pelvis, improve the nerve and blood supply to the weaker muscles, improve joint function in your lower back and balance the pelvis.

Your Sacro-Iliac Joint. The joint that attaches your sacrum (the wedge shaped bone at the base of your spine) to your pelvis. This joint is one of the main gravitational joints, meaning - all the weight of your body goes through these joints.

Sciatica can be caused by numerous factors. Most of you are aware of the Piriformis muscle that has the sciatic nerve running through or next to it. If this muscle tightens, sciatica occurs. There are also the disc irritations and joints in the lower back that can all help sciatica to occur. However...

These are just two examples of how muscle imbalances can affect the Piriformis muscle and cause Sciatic pain. You may not be a runner or cyclist but I'll bet you have muscle imbalances that are causing your sciatic pain!

How is **Sciatica** caused? Pseudo Sciatica is caused by a tightening of the Piriformis muscle on the Sciatic nerve. The nerve passes under the Piriformis muscle and in some cases it passes right through the muscle tissue. Exercise, pregnancy, weight gain and posture can create a tight Piriformis muscle.

Did you go see your primary care physician and get diagnosis of Sciatica only to have them refer you to an orthopedic specialist and than get a diagnosis of Piriformis Syndrome... and than be told to see a Physical Therapist and the PT tells you a little heat, ultra sound, electrical stimulation and some therapeutic exercises and we will have you good as new???

About the Author:

Malton Schexneider PT, MMSc, provides simple, easy and safe back pain relief strategies for people suffering with low back pain, sciatica, herniated discs and degenerative disc disease. Now, for the first time ever, Malton reveals top insider secrets that will erase your back pain. Now with this limited time offer, you can get his NEW eBook, "Back Pain Relief Secrets" for FREE at: erasesyourbackpain.com/free-patient-guides

Pain that radiates into the buttocks and down the leg is often referred to as **sciatica**. Yes, **sciatica** pain can be caused by irritation of the nerve root from a herniated disc. But, chances are your sciatica symptoms are the result of irritation of the sciatic nerve from a structure outside the spine.

Low back pain will affect 80% of the American population at some point in their life. And, of the 80% who experience a first time episode of back pain, the pain will resolve with little or no intervention. In fact, only 10% of all back pain sufferers ever require surgery.

To learn more about muscle imbalances and how they affect your body, please read our article "Aches, Pains, and Injuries" which you can find on our website here: <http://www.losethebackpain.com/achesandpainsarticle.html>

Treatment such as ultrasound, electrical stimulation, massage, and moist heat, while soothing, do nothing to address your muscle imbalances. Even surgical intervention is ineffective if you don't first address the underlying muscle imbalances.

??<http://everesttherapeutics.com/downtown-vancouver/vancouver-massage/all-about-sciatica.html>

About the Author:

Having only 2% of his vision left due to a progressive retinal degenerative condition, Mark felt a profession based on touch and not sight would allow him to provide the best service to society. It was an important decision in Mark's life that has been justified many times over since graduating from the West Coast College of Massage Therapy in 1995. Having weakness in one sense allows the brain to function more power to other senses, for example, touch and intention. This is a great advantage that allows Mark to function at a heightened state of awareness when treating the body. Combining this with his knowledge in human movement patterns makes for a unique and powerful massage therapy experience. For the past 7 years, Mark has also worked on a political level with our Provincial, National and International massage therapy organizations.

Mark is joined by his seeing-eye dog Victor. Victor is a 3 year old Labrador/Retriever. Clients love to see the 90 pound bundle of love and joy when they come into the clinic.

<http://everesttherapeutics.com>
www.electrahealthfloor.com

As you can see, there is a trend here... in nearly every case, muscle imbalances are the primary cause of the pressure being placed on the sciatic nerve.

2. Pressure caused by spinal stenosis, which is a decrease in the space between the vertebrae. This is primarily caused by uneven pressure and compression due to muscle imbalances.

There are several self assessments you can perform to help identify which specific muscle imbalances you have and these are covered in our Lose the Back Pain Video along with step-by-step instructions on what to do to eliminate your imbalances and pain. You can learn more by visiting <http://www.losethebackpain.com>

If you are not sure which one of the four is causing your sciatic pain, I recommend you start with the basics. Most cases of sciatic pain are caused by muscle imbalances so if you begin to work on correcting any muscle imbalances you have, you should start to see improvement right away.

Numbness around crotch or genitals Difficulty in passing or controlling urine Numbness, pins and needles or weakness in both legs Unsteadiness while standing

True sciatica is caused from a variety of conditions: disk bulging or herniation, Degenerative Disk Disease (DDD), spinal stenosis and pregnancy. How to test for Sciatica

If you're reading this article, it's a good bet that you have a radiating pain running down the back of your leg that just won't go away. If what I'm about to tell you sounds familiar, don't worry, help is on the way.

In most cases, people go to physical therapy or minimize their physical activity to break the pain - spasm cycle and in most cases your symptoms subside. However...the event will also set you up for a life time of sciatic pain if the Piriformis muscle does not recover 100% in both strength and flexibility.

Degenerative disc disease and subsequent herniated discs are linked to two factors: Aging Genetics As we age, the deep muscles of the spine begin to deteriorate. This creates a dynamic instability to your back. At the same time, the discs begin to lose their water content resulting in a loss in disc height and strength. This ultimately leads to failure of the disc material.

In most sciatica cases you are told to stretch to ease muscle tension. You are told that it is a disc and you may need surgery or at least a long rehabilitation. Yet more than 87% of all sciatica cases have this joint involved. The joint is...

4. Pressure caused by a herniated or bulging disc. A herniation is when a disc protrudes out from between the vertebrae and this can either be caused by an event like a car accident, or, by months or years of uneven pressure due to muscle imbalances. It is also important to note that many people with herniated discs don't even experience pain or symptoms, and many don't know they have the condition.

Sciatic pain comes about either due to a traumatic event, muscle imbalances, or a combination of both. The event scenario is most likely the catalyst for sudden onset of sciatic pain. So what happens... when there is undue stress on the Piriformis muscle that stress causes it to go into spasm and then you have pain due to the Piriformis muscle putting pressure on the sciatic nerve.

So how do you get rid of your pain? Will learning one new stretch be enough? It very well may be. However depending on the severity of your condition you may need to change your activities of daily living to include new stretches, new exercises that include the use of the hip rotators like roller-blading, basketball, tennis, etc, and even better, specific corrective exercise specific to your situation... like those covered in our video. As always, learn as much as you can about your condition, so that you can ask the tough questions to your healthcare providers and get the best care possible.

The Sacro-Iliac joint is not a normal joint; the sacrum itself is affected by your occiput (the back of your skull). Both of these joints move in tandem when you breathe. If this mechanism tightens then your entire spine will stiffen and especially the Sacro-Iliac joints. Your meninges (the sheath covering your spinal cord) attaches into the base of your skull, has a minor attachment in the spine between your shoulder blades, and then again at the base of the spine at the sacrum/coccyx.

When you have an injury to a muscle, both strength and flexibility are compromised, and if your recovery ends before strength and flexibility return, you will never be 100% and will likely struggle with the problem forever.

If this Sacro-Occipital mechanism tightens, so do the meninges. This can lead to aches and pains throughout the spine. The tightness is greatest in the lower back and leads to **sciatica**.

1. Pressure caused by shortening and tightening of the piriformis muscle. This is almost always due to months or years of muscle imbalances in the hip rotator muscles.

In most people, the sciatic nerve runs under the Piriformis (bum) muscle, which moves your thigh side to side. From there, the sciatic nerve descends through the buttocks and the back of the thighs. Behind your knee, smaller nerves branch out from the sciatic nerve and travel down to your feet.

3. Pressure caused by Isthmic spondylolisthesis which is simply when a vertebrae slips or moves... this can sometimes pinch the sciatic nerve but often times people who have this condition don't have any pain, symptoms, or even know they have it!

One last point, sciatic pain is not caused by a lack of prescription medications so don't think that taking some anti-inflammatories or muscle relaxants will fix it... it won't! Also, many people are able to eliminate sciatic pain within days just by performing a few exercises and stretches... but not general exercise... the exact corrective exercises and stretches they need to do.

Something that is seldom taught by structural practitioners. Why? Your **sciatica** would disappear and not return. Leaving your therapist without a patient to treat for the next few years or longer. The big problem is most practitioners will not even assess this joint as being a problem in sciatica.

4. Stop or reverse your spinal aging process by exercising and retraining your not even back muscles. Tight back muscles need to be stretched and weak back muscles need to be strengthened. Too many times back treatment is geared towards symptom management rather than addressing the specific muscle imbalances, which are responsible for your back pain problems.

Inability to manage daily activities. Severe pain, which worsens over a period of weeks. Pain returning often. Seek immediate medical attention if you should experience:

If this is the path you have been down and you're tired of all the worthless treatments that just don't work, you must read this article! I guarantee you, it will likely be far different than what you have read or heard anywhere else!

2. Another example is runners and bikers who actually work very hard tend to get **sciatica** because they fail to keep a stretch vs. stretch balance in their workouts. Hence the imbalance creates a greater pull toward external rotation and the result is a tight Piriformis and an irritated sciatic nerve creating pain.

Find out what's causing your sciatic pain and learn exactly which exercises and stretches you should be doing by watching our Lose the Back Pain Video. Order your copy now online at <http://www.losethebackpain.com>

It is a joint that is seldom checked and often forgotten about by most practitioners, and rarely treated. Most at home exercises fail to target this joint in sciatica conditions. However if this joint is not corrected effectively, sciatica will commonly become chronic.

True **Sciatica** responds extremely well to spinal decompression treatments. This is performed on a special table. The treatment schedule depends on your specific symptoms and cause. What needs to be done with disk bulges/herniations is that the disk material needs to be absorbed back into the disk and this requires taking the pressure off the disk. This is why spinal decompression is so effective. It is essentially traction targeted to your specific condition.

Bad news? Maybe but in all likelihood, it's not as bad as you may think. You may have heard people say they have a "slipped" or "ruptured" disc in the back. You may have even heard terms like "bulging" or "protruding" discs. These are common "street names" that describe a herniated disc.

Anatomy of **Sciatica** The sciatic nerve is the longest and largest nerve in your body. Five sets of paired nerve roots combine to create it, and it's about the diameter of your middle finger. The sciatic nerve starts in your low back, which is called your lumbar spine. The nerve roots are at the L4 and L5 vertebrae (the 'L' means lumbar, and the numbers indicate the level of the vertebra where it is in your back). The sciatic nerve also travels through your pelvic region (sacrum).

Sign up for free professional back pain advice at The X-Pain Method and say goodbye to pain forever. - <http://www.back-pain-advisor.com/help>

David Lind

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