

Disclaimer: Content on this website is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this website may be compensated when you purchase a product by clicking a link on this website. The views and opinions expressed on this website are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information on this website is for educational purposes only and is not intended to replace the advice of your health care provider.

Is Discectomy Spine Surgery Right for My Sciatica?

A discectomy is an invasive surgical procedure that removes herniated disc material that is protruding into the spinal canal and pressing upon nerve tissue. This pressure can cause numbness, weakness, tingling, or mild to severe pain in the back and leg.

Is Discectomy Spine Surgery Right for My Sciatica?

What Happens In A Discectomy? In a traditional discectomy -- often referred to as an open discectomy -- an incision is made in the patient's back over the herniated disc region. Muscle tissue around the herniated disc is removed and a retractor may be used to keep the muscle tissue and skin out of the way which gives the surgeon better access to the surgical area. In some cases, some of the vertebrae bone -- called the lamina -- may need to be removed to allow the surgeon better access to the disc. This procedure is called a laminectomy. Once the herniated disc fragments have been removed, the muscle tissue is put back and the surgical incision is closed with sutures.

About the Author:

For more information on discectomy alternatives see DRX9000 spinal decompression for [sciatica](#) at <http://www.drx9000-spinal-decompression.com>, a popular site with free info on the DRX9000 and other back pain treatments.

Discectomy surgery is a common treatment for herniated or ruptured discs of the lumbar spine and may be used for back pain sufferers who have not responded to traditional non-surgical treatments such as anti-inflammatory medication, physical therapy, traction, spinal decompression, and epidural steroid injections.

Just imagine being able to walk freely, enjoy life, play with your children. All without that nagging *sciatica* that has become a real "pain in the butt". Life would be so much easier and happier, wouldn't it?

Abdominal strength requires a good nerve and blood supply to the abdominal muscles and then targeted exercise that increases the strength of these muscles in days. To improve your abdominals you need ideal strengthening techniques.

As a result, the patient can experience less pain and a quicker recovery. Not all patients are able undergo discectomies or microdiscectomies. A lot has to do with the particular nature of the patient's herniated disc.

In actual fact there are 3 simple exercises that can help you to remove your [sciatica](#) and help to prevent any recurrences as well. They are as follows...

When magnetic therapy is used in-conjunction with deep penetrating massage and cold/ice therapy, the symptoms of sciatica can be resolved in just a few days. Massage will relax the muscles that have gone into spasm around the trapped nerve, the cold or ice will help reduce the inflammation and heat around the injury and both of these will prepare the tissues and muscles, so that the magnetic field can penetrate more quickly into the damaged area. Massage and ice therapy can be used 3-4 times a day for approximately 10 minutes at a time.

Before being considered for either type of surgery, the doctor will typically have an imaging study performed such as an MRI (magnetic resonance imaging) or a CT (computed tomography) scan in order to help diagnose the specific cause of the problem. Discectomy and microdiscectomy procedures are normally done in a hospital under general anesthesia. In some cases discectomy can be performed in an outpatient surgical center.

Microdiscectomy Alternative A newer, less invasive form of discectomy is also now available. This procedure is called a microdiscectomy and uses special magnifying and muscle-spreading instruments to allow the surgeon to view and operate on the herniated disc region. The surgeon can then perform the procedure through a smaller incision and cause less damage to the surrounding muscle and tissue.

For more information on Sciatica issues just visit [Sciatica](#) - <http://www.back-pain-advisor.com/sciatica.html>

Receive a free e-book on back pain when you subscribe to our newsletter, just click here - [Back Pain Adviser](#) - <http://www.back-pain-advisor.com/back-pain-adviser.html>

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.

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.

2. A Magnetic therapy pillow pad. If for any reason what so ever you cannot wear a back belt or support the only alternative is to use a pad placed under your back in bed at night. It can also be used during the day when sitting or lying down (even in the car). You will not have 24 hours 7 day a week exposure to the magnets but if you cannot wear a strap this is an acceptable alternative as long as it is used every night when the body is at its most receptive to magnetic healing.

Magnetic therapy for sciatica. *Sciatica* can resolve by itself but this can take many weeks or even months. You can however quite rapidly reduce the symptoms of *sciatica* with magnets. As with all magnetic therapy treatments, the magnets have to be placed as close to the area of pain as possible, this will be the lower (lumbar) region of the back. Even though you may have pain down your legs or in your buttocks the cause is still in the lower back. When you treat the back area and the sciatica resolves then the pain running down the leg and buttocks will also dissipate.

Learn more about the [Sciatica Stretches That Work](#)

What is Sciatica? The longest nerve in your body, the sciatic nerve runs from your pelvis through your hip area and buttocks and down each leg. It divides into the tibial and peroneal nerves at the level of your knees. The sciatic nerve controls many of the muscles in your lower legs and provides feeling to your thighs, legs and feet.

Abdominal muscle strength does not mean spending countless hours doing sit-ups or crunches. In fact these types of exercises do little to strengthen the abdominals; they can actually target the hip flexors which if over tight help create your sciatica.

What are the signs and symptoms of Sciatica? Pain that radiates from your lower (lumbar) spine to your buttock and down the back of your leg is the hallmark of *sciatica*. You may feel the discomfort almost anywhere along the nerve pathway, but it's especially likely to follow one of these routes: ???From your lower back to your knee. ???From the mid buttock to the outside of your calf, the top of your foot and into the space between your last two toes. ???From the inside of your calf to your inner ankle and sole.

The 3 most important muscles to target if you suffer sciatica are the abdominal, hip flexor and Piriformis muscles. Target these and sciatica is easily controlled.

The pain can vary widely, from a mild ache to a sharp, burning sensation or excruciating discomfort. Sometimes it may feel like a jolt or electric shock. Sciatic pain often starts gradually and intensifies over time. It's likely to be worse when you sit, cough or sneeze. Usually only one lower extremity is affected.

This article is not meant to replace the advice of your personal health care provider. Be sure to consult with your physician to explore all your back pain treatment options before taking any medical course of action.

There are really only 2 magnetic therapy devices that are effective in treating [sciatica](#): 1 .A magnetic therapy back strap or support. The functional straps and supports can be placed directly over the area of pain. If the sciatica is very low in the back then a narrow strap will be more practical and altogether more comfortable than a wide support, as it fits snugly around the hip area and will stay over the compressed nerve. A wider support is effective if the sciatic pain is higher and nearer to the waist area. As with all magnets the straps/supports need to be worn for 24 hours and 7 days a week until the pain has gone.

The term sciatica refers to pain that radiates along the path of this nerve, from your back into your buttock and leg. The discomfort can range from mild to incapacitating, and may be accompanied by tingling, numbness or muscle weakness. Rather than a disorder in and of itself sciatica is a symptom of another problem that puts pressure on the nerve.

[Sciatica](#) can be helped and you can change your *sciatica* quickly. Learning to stretch and strengthen the main muscles that cause your sciatica can ease your pain quickly and remove that nagging sciatica once and for all.

Piriformis Stretching The sciatic nerve either runs through or next to the Piriformis muscles. If tight the Piriformis allows sciatica to occur. So with all sciatica, Piriformis stretching is essential. Stretching the Piriformis is simple and the same rules apply...

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.

Strengthen Your Abdominals Your abdominal muscles are the most important muscle for pelvis and lower back stability. Your sciatica is caused by irritation to the sciatic nerve. This is formed from 5 nerve roots that exit the last parts of your spine. If your abdominal muscles are stringer then these areas are more stable and able to move easier.

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.

Herniated Discs Here is a simplified explanation of what happens with a ruptured or herniated disc. The disc itself is kind of like a soft jelly-filled donut. The outer wall of the disc is called the annulus fibrosus and the inner part of the disc -- the jelly part -- is called the nucleus pulposus. When the outer part of the disc becomes weakened, it can tear and allow some of the inner nucleus pulposus to leak out. When this inner jelly presses on the surrounding nerve tissue it can weakness, tingling and pain in the back and legs.

Did you know there were 3 simple exercises that could dramatically change your sciatica? Yes, [sciatica](#) could actually ease and disappear and never to return. Wouldn't that be great!

What to stretch is important, how and when to stretch is essential. Especially if you want to change your sciatica quickly and permanently. Perfect stretching is the key!

Relax Your Hip Flexors The hip flexor muscle group if tight increases the curve of our lower back. This increases pressure on the sciatic nerve and allows your sciatica to occur. The hip flexors and abdominal muscles work together. A strong abdominal group and a balanced hip flexor group give you stability, flexibility and strength in your lower spine.

If this is achieved your *sciatica* will disappear quickly and is easy to prevent. To stretch the hip flexors, you need to target them correctly and the most important aspect of stretching is not what to stretch, but when and how to stretch. Knowing when and how means you spend minimal time stretching with maximum gains. Easing tension can be achieved within days not weeks or months.

In addition to pain, you may also experience: ???Numbness or muscle weakness along the nerve pathway in your leg or foot. In some cases, you may have pain in one part of your leg and numbness in another. ???Tingling or a pins-and-needles feeling. This occurs most commonly in your toes or part of your foot. ???A loss of bladder or bowel control. This is a sign of cauda equina syndrome, a rare but serious condition that requires emergency care. If you experience either of these symptoms, seek medical help immediately.

Debbie Shimadry is as an expert guest on magnetic therapy for BBC Radios and is also the managing director of leading magnetic therapy company [worldofmagnets.co.uk](#). If you are interested in natural pain relief visit the [magnetic article directory](#) or the [health reciprocal link exchange directory](#).

David Lind

Disclaimer: Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information on this document is for educational purposes only and is not intended to replace the advice of your health care provider.

Disclaimer: Content on this website is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this website may be compensated when you purchase a product by clicking a link on this website. The views and opinions expressed on this website are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information on this website is for educational purposes only and is not intended to replace the advice of your health care provider.