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# Sciatica

If your sciatic nerve becomes inflamed, the condition is called sciatica (pronounced si-ad'-i-ka). The pain can be intense! It often follows the path of your nerve - down the back of your leg, ankle, foot, and toes - but it can also radiate to your back! Along with burning, sharp pains, you may also feel nerve sensations such as pins-and-needles, tingling, prickling, crawling sensations, or tenderness. Ironically, your leg may also feel numb!

I wanted to talk to you about how you can get relief from sciatica back pain. I think back pain is probably considered one of the worst pains you can ever experience. It's something that I can only describe as crippling. It's not like any other pain you've ever experienced because this pain shoots across your back like a violent thunderstorm. It's not a typical type of pain and when you feel it, your body doesn't want to respond with movement because it doesn't want to feel it again. Sometimes my breathing becomes shallow because taking a deep breath will cause shooting pains in my back. I'm going to talk to you about how to get relief from sciatica back pain.

What causes sciatic nerve pain? The most common cause of sciatica is a disc bulge. The disc is a very misunderstood structure; it has been blamed for back pain ever since it was discovered. Over the years we have started to believe that the disc is a really weak and vulnerable structure.

Sciatica has become a common problem for the people, who are above 50 years. It is because, after 50 years, the spinal cords become very weak and even a minor injury or strain can lead to slipped disc. Apart from that, slipped disc is mainly caused to physical labor, accident or any kind of exhaustion. There are different kinds of diagnosis, which can help in the treatment of [sciatica](#) or slipped disc. However, the foremost thing is to undergo an x-ray examination. After examining the x-ray, the physician will ask you to resort to certain exercises, like walking on toes, exercising the spine, bending forward and backward, lying on your back, raising leg.

To complicate matters, although [sciatica](#) pain is usually in the back of the legs or thighs, some people may feel pain in the front or side of the legs or even in the hips. For some, the pain is in both legs: bilateral sciatica!

The best way to tell if it is sciatica is to undergo a series of test that your physiotherapist or doctor can perform. These simple clinical tests will be enough to identify if the problem is an irritated sciatic nerve. Paula Fitzpatrick is a British trained physiotherapist specialising in the treatment of back pain. Visit The Lower Back Pain Toolkit for up to date, reliable information about the causes and treatment of lower back pain. Learn more about [sciatica](#) and sciatic nerve pain.

Many people in the world experience sciatica in the form of lower back pain, or pain in the lower parts of the leg and the foot. Sometimes, the pain is too severe and it is accompanied by muscular weakness, difficulty in moving the legs and numbness. Moreover, the sciatica symptom is felt only in one side of the body. Some people do not understand the meaning of [sciatica](#) and they tend to take it as a form of diagnosis. The sciatica is caused due to the compression of the lumbar nerves or the sciatic nerves, which is caused due to the herniation of the spinal disc. The spinal discs are composed of rings of cartilage that are spongy. The discs separate the vertebra, which allows room for the roots to protrude through the vertebra and whenever you move, the roots of the nerves are compressed by the spines, causing intolerable pain. *Sciatica* can also be caused by tumors impinging on the spinal cord.

An important thing to know is that many people have disc bulges and have no symptoms at all. There are some other conditions that can cause sciatic nerve pain but they are much less common. These include degenerative disc disease, severe osteoarthritis, spinal stenosis or spondylolisthesis. Fractures, tumours and infection can also cause sciatica.

If you want relief from [sciatica](#) back pain you have a few exercises available to you that can help take pressure away from these nerves. Lie on your back, pull your knees up to your chest and hug them. This causes the lower back to stretch out and that is really the only way to stretch it. That will take a lot of the pressure away. Another exercise is grabbing onto something above you and hanging from it, sort of like the monkey bars. This will stretch out your back and tell a lot of the pressure away.

To understand this you need to have a bit of an idea about human spine anatomy. The spine is made up of large bones called vertebra. These bones are separated from one another by spinal discs. Each vertebra overlaps the next at the back to form a joint called a facet joint.

The nervous system of our body mostly depends on the musculoskeletal system. If any kind of displacement occurs in the joints, bones and spines, the nerves, which lie underneath, are compressed. As a result, we suffer immense pain. Moreover, due to this displacement, the vital organs of our body are affected causing disorder. However, one of the most common types of spinal displacements is slipped disc. Actually, slipped disc is caused due to the breaking down of the various circles of connective tissues that bulge out towards the spinal cord. Slipped disc can lead to different kinds of disorders in your body. However, the most common disorder is the compression of the vital nerves, which pass underneath the discs. Sciatica is a symptom, which is caused due to the compression of the nerve roots that give rise to the sciatic nerve. It may as well cause due to the compression or irritation of the sciatic nerve itself. The compression is caused mainly due to the slipped disc.

No matter what the condition, it is imperative that the chiropractic neurologist performs a thorough and comprehensive exam to determine the exact nature of the patient's condition.

The term slipped disc makes it sound as if it can slip about inside. In truth the disc cant slip anywhere, it is firmly fixed at the top and at the bottom to the vertebrae above and below.

In the legs there are two main, large nerves, the femoral nerve at the front and the sciatic nerve at the back. The sciatic nerve passes down through the buttock area into the back of the thigh and leg.

The most important thing in this regard is taking absolute rest. Apart from these exercises, sciatica can also be cured through different kinds of therapy. One of the most common therapies is chiropractic treatment. Through this treatment, the chiropractor manipulates the different spinal cords and through the external pressure, normalizes the slipped disc. There are different diagnoses, which have been introduced these days for treating slipped disc. However, the most important thing regarding slipped disc or sciatica is prevention. If you are careful about your movement and if you exercise regularly, you can keep yourself away from these physical disorders.

In severe cases the leg may feel weak and the strength may be reduced. Often, disc bulges cause no back pain at all; the symptoms are felt only in the legs.

Running down through the middle of the spine is a channel called the spinal canal, its here that the spinal cord sits. The spinal cord is the main structure that passes messages from our brains to our bodies.

As a Board Certified Chiropractic Neurologist, I take a different approach to the treatment and prevention of sciatica. After a thorough neurological exam, I determine which part of the nervous system is not functioning properly. In many [sciatica](#) patients, I find a high mesencephalic output.

When the nerve is irritated by the disc bulge it can become inflamed. Remember what it feels like to hit your finger with a hammer or catch it in a door for a moment. Following the nasty sharp pain you are left with a dull ache. The finger may become red and swollen; there may be some heat or warmth there. After a while, those symptoms settle and everything gets back to normal. Its very similar with the sciatic nerve. It becomes very sore and can give you a lot of pain, even though it is not actually trapped or squashed.

The disc can and does cause problems however. Sometimes the central area of the disc bulges, usually backwards and sideways. This can cause an irritation of the nerve root as it leaves the spine. Occasionally the bulge is severe enough to actually squash or trap the nerve but this is fairly rare.

Sciatica or sciatic nerve pain is a term often used to describe all sorts of back pain. In fact, less than 5% of people who suffer from lower back pain will have [sciatica](#).

The quality of pain may vary. There may be constant throbbing, but then it may let up for hours or even days; it may ache or be knife-like. Sometimes postural changes like lying down or changing positions affect the pain, and sometimes they don't. In severe cases, [sciatica](#) can cause a loss of reflexes or even a wasting of the calf muscles.

Why are so many people given the diagnosis of sciatica? Very often, as soon as anyone has any lower back or leg symptoms they are told that have sciatica. However, there are other things that can cause leg pain; a strained facet joint for example can cause pain in the buttock and thigh. But if the sciatic nerve is not irritated then it is not sciatica.

The odd thing about back pain is that it isn't real pain, when you look at it. Essentially what is happening is that there is pressure being applied to specific nerves in your back and around the spine that produce the pain. Often one of your spinal discs could have burst or gone down way too much and your spinal columns are grinding right on a nerve. A tense muscle that is pressing a nerve can cause another type of pain.

What are the symptoms of sciatica? If someone has true [sciatica](#) then they often have pain in the legs, usually in the buttock, back of the thigh or calf. There may also be pins and needles and numbness in parts of the leg.

There are three parts to the brain stem: top, middle and lower. The mesencephalon is the top part of the brain stem. A high output of the mesencephalon will cause an increased pulse and heart rate, the inability to sleep, or a waking, fitful sleep. Other symptoms might include urinary tract infections, increased warmth and sweating, and sensitivity to light. Along with a high mesencephalic output, the migraine patient may present with a decreased output of the cerebellum. The cerebellum controls balance, coordinated movement, and the involuntary muscles of the spinal column.

For more resources about slipped disc or even about sciatica please review this website <http://www.thrivechiro.com.au>

For [sciatica](#) sufferers, a good night's sleep may be a thing of the past. Simple things like walking, sitting, or standing up can be difficult or impossible.

At each vertebra the spinal cord braches out to form a nerve root, these nerve roots leave the spine via a gap between each vertebra and then bundle together to form much larger nerves.

Sciatica is caused by a sciatic nerve irritation. This is most commonly caused by a disc bulge in the lower back. What is the sciatic nerve?

Learn more about Sciatica Relief Methods

David Lind

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