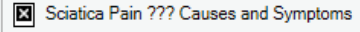


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# Sciatica Pain ??? Causes and Symptoms

Sciatic pain usually starts in the buttocks and extends down the rear of the thigh and lower leg to the sole of the foot and along the outer side of the lower leg to the top of the foot. Pain may also be present in the lower back.



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.

Commonly the major cause can be pinned as disc herniation in the lumbar spine which presses directly on the sciatic nerve and any triggers by such a reaction for example by irritation of the nerve from adjacent bone which in turn produces the symptoms of sciatica. Besides a compressed or a pinched nerve, other causes could also be tumors, muscle, internal bleeding, infections, injury etc. thus sciatica is not really a disease by itself but rather many other dependants make it into a medical condition worthy of attention

Symptoms can vary from extreme pain in the low back radiating into one buttock and down the leg. Pain often increases on exertion or bending forward. Alternatively, there may only be a mild sensation in the leg or buttock. There may be numbness in the area, weakness in the leg and diminution of the reflexes. Pain may be triggered by coughing or straining and can be so severe that the lower back becomes locked in sideways bending position (scoliosis) caused by a strong contraction.

**Sciatica** pain is dreadful, it drags you down, you feel frustrated from all the things you can't do. You want relief; you want to be able to move around without the fear of pain suddenly running down your leg. Sciatica is common and debilitating and it can be easily removed if the product you seek has all the right ingredients - assess, stretch, strengthen, re-align and re-balance.

So what sciatica cures work and which ones don't? Now this is not going to be a witch hunt on all the products available. What this article will do is give you a set of guidelines to follow to see if the so called sciatica cure will ease your pain and most of all stop it returning. There are too many products to list, so you need to know which ones to look out for... the ones that are the miracle **sciatica** cure.

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.

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.

Miracle Tip 8: Pain Relief - if you need pain relief use it, whether it is an aspirin or a topical analgesic, if it eases pain then use it. Especially if it helps you sleep or do the activities you can't avoid in your day. Over use or continued use of pain relief is not good. If pain persists seek help! But if pain is less you heal faster, so don't think it is macho or strong to avoid it, if you need it use it.

Miracle Tip 6: Sleep On It - sleep is very restorative. Healing speeds up and damage is repaired quicker. If you find your **sciatica** is preventing you sleeping then follow the advice of tips 8 and 10.

About the Author:

Read about Tight Vagina Vagina Tightening vagina tight. Also Read about Herbal Breast Enlargement Enhancement and Natural Breast Enlargement Breast Enhancement

Methods to Re-Align the Pelvis - the pelvic bones can distort. When they do this the muscles in the buttock (the Piriformis) will tighten, leading to sciatica. Pelvic distortion is also the biggest cause of lower back pain. If you fail to re-align the pelvis, long term sciatic relief will not happen.

Miracle Tip 10: Help! - Yes if pain persists seek help. Whether it is a Chiropractor, Medical Doctor, Osteopath or Physical Therapist; seek help if pain persists. The earlier you seek treatment the quicker your sciatica will heal. To help your self you can use many safe and effective techniques that ease your sciatica quickly and prevent it returning. Best of all using self help techniques; you can save time and money and use these as soon as your sciatica happens rather than waiting to see if it doesn't disappear.

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

Self help techniques can be used with all back pain as soon as it occurs. The quicker you help your self the quicker **sciatica** and back pain in general will disappear once and for all.

Sciatica refers to pain that begins in the hip and buttocks and continues all the way down the leg. This condition is often accompanied by low back pain, which can be more or less severe than the leg pain. The term "**sciatica**" indicates that the sciatic nerve, which travels from the lower back through the buttocks and into the leg, is thought to be the cause of the pain in this condition. True **sciatica** is a condition that occurs when a herniated lumbar disc compresses one of the contributing roots of the sciatic nerve. This type of low back pain is less common than other causes and conditions that produce back pain.

Symptoms The most common symptom of **sciatica** mimics the pain of a severe leg cramp. Depending on where damage to the nerve occurs, pain may be accompanied by numbness or tingling, a burning sensation or general weakness in the leg.

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.

Miracle Tip 2: Stretch - the lower back muscles and buttock muscles tighten with **sciatica**. The Piriformis if tight can cause **sciatica**, but the muscles surrounding the area will also tighten when pain is present. A gentle stretch to each muscle group helps to remove tension form the area and allow your sciatica to heal faster.

Techniques to Strengthen Muscles - just like a see-saw, if one muscle is too tight there will be others that are too weak. You need exercises (not necessarily gym exercises or lifting weights) to improve the strength of muscles. Ideally ways to improve the nerve and blood supply as this is the prime reason they weaken in the first place.

The essential ingredients are: Techniques to Release Muscle tension - the Piriformis muscle is the most common cause of **sciatica** pain. The sciatic nerve runs through the muscle and if tight it will irritate the sciatic nerve causing your sciatica. So the first essential ingredient is a technique or two to release muscle tension.

To stretch the Piriformis (which helps directly with your **sciatica**) lie on your back and gently pull your knee towards your opposite shoulder. Hold this as you feel a tightness not pain, hold for 6 seconds, drop your leg down and repeat 5 times. This will help ease tension quickly. For the best stretches and the best ways to stretch this area just visit back stretches

You may have spent years searching for a cure, and still remain with sciatic pain. You may have even felt like giving up and having that surgery, in the hope that something will at least ease your **sciatica** pain.

Miracle Tip 7: Drink More - water I mean not booze. Muscles, joints and inflammation all respond well to fluid levels. If you are hydrated more then you heal faster. If you are like me and don't like water as a drink, then don't worry. Tea, juice, milk and even fruit and vegetables are now considered as part of your water intake. So increase this volume or squeeze a lemon into your water to add taste if this helps.

And that is it in a nut shell. If you can find a product that covers all these areas, then you have found a product that will not only eliminate your **sciatica**, it will also stop it returning.

Are you one of the countless thousands of adults with **sciatica**? Do you wake up in the morning with back pain that ravel down your leg? Are there activities that make you sweat, as your sciatica gives you that stab in the buttocks?

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 pain is that horrible pain that so many suffer from. It affects your enjoyment of life as you get that gnawing pain down your leg. You find even the simplest task hard as you can not relax without the fear of your **sciatica** kicking in.

Did you know there are 10 miracle tips that can help you to remove your **sciatica** and make life enjoyable once again? Here they are... Miracle Tip 1: Rest - exercise is great at keeping you fit and strong, but once **sciatica** occurs it pays to ease up or stop exercising for now. The Piriformis muscle which is a common cause of sciatica, can get irritated with exercise that jars your body. So ease up on running, tennis, basketball, soccer and other explosive activity sports. Walking, swimming and other low impact sport is still good.

Sciatica refers to pain along the path of the sciatica nerve. It is usually caused by pressure on the sciatic nerve. Fortunately, most cases of sciatica are not serious and usually resolve within six weeks. The sciatic nerve branches off nerve roots at the lower end of the spinal cord - it's two branches run from the lower back through the each side of the pelvis, buttocks, back of leg to the foot.

Miracle Tip 5: Move It - do sit or stand for more than 20-30 minutes. Any prolonged posture builds tension in your muscles and joints. After all you are a movement based system, so move it often. With movement you improve the blood supply to the area, you also help muscles to ease their tension and keep joints moving. **Sciatica** is caused by tight muscles and joints, movement helps ease this tightness.

Would you love to be like so many others and move around pain free? Being able to do everything you wish to do, not restricted as sciatica rules your life. Just imagine what you could do again.

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Miracle Tip 4: Posture - as most of you will sit in your job, sitting straight is important. Try supporting your lower back with a cushion or Lumbar Roll to ease pressure. Avoid sitting in chairs or couches that allow you to slouch. It may feel comfortable while sitting there, but getting out of the chair can cause more damage as you strain to get out. Posture is important, but the best advise is ...

Miracle Tip 9: Massage - gentle massage of the tight muscles will also ease tension. You can do this at home, ask your partner to gently rub the area and even use heat as a way to help the muscles relax. However, this may not be best in the first few days. Massage can cause more inflammation as will heat, so stretching is better in the first 48 hours, then after that use massage and heat. If you know a good massage therapist, then seek their advice as they will know what level of massage you need.

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

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

Causes The sciatic nerve is commonly injured by fractures of the pelvis, gunshot wounds, or other trauma to the buttocks or thigh. Prolonged sitting or lying with pressure on the buttocks may also injure it. Systemic diseases, such as diabetes, can typically damage many different nerves, including the sciatic nerve. The sciatic nerve may also be harmed by pressure from masses such as a tumor or abscess, or by bleeding in the pelvis.

Ways to Improve Lower Back Strength - there is no point just targeting the sciatic nerve unless you remove all lower back pain and the distortions there. **Sciatica** is caused by many factors. The lower spine and spine in general can help to cause sciatica. So you need ways to assess your spine for distortion patterns, to see if there are other factors causing your **sciatica**.

After 48 hours alternate ice with heat, finishing with 10 minutes of heat. **Sciatica** should settle by itself within a few days, if not the final tips are most important.

Techniques to Assess your Spine - if you can't see where the problem is coming from, you will not know how to eliminate it permanently. All so called sciatica cures need to teach you ways to assess your spine and see where problems occur.

Miracle Tip 3: Ice It - in the first 48 hours use ice. Ice helps to remove pain and any inflammation. Place ice on the area for 10 minutes only, then rest for 10 minutes and then repeat so that you have 3 sessions of ice on the area. Do this every few hours for the first day and then 3-4 times the next day. In this time most sciatica should ease and settle.

For more information on Sciatica issues just visit **Sciatica** - <http://www.back-pain-advisor.com/sciatica.html>

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