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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 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.

I wanted to take the time to share with you a few [sciatica](#) stretches and information that you can use to help you. *Sciatica* is actually a symptom of back pain, but often people will refer directly to the symptom. Back pain is a nightmare for those people that have it. It affects everything you do because your back is central in that movement. You can roll over in bed and be caught with sharp pain. You could lean into the refrigerator to grab something and you'll have sharp pains go up your spine. It's really a horrible thing to have to live with. I'm going to talk to you about [sciatica](#) stretches and information.

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.

People who suffer from sciatica will often feel pain in their leg which can travel from the back of their thigh up to the thigh and in some cases up to the hip or down towards the foot. For some people not only will they feel pain but they may find that their leg become numb and they will have problems in trying to either move or control their leg.

Exercise is actually extremely important to our spine especially in order to keep the discs within the spine healthy. By carrying out movement a person is actually enable nutrients and fluids to gain access to these discs which in turn ensures that they remain fit and healthy.

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

Although many people may feel that bed rest is the best way for treating [sciatica](#) this is simply not true. Yes resting for a day or two can help to relieve the pain felt when the [sciatica](#) flares up but after that, because a person has become inactive, they will find that the pain actually becomes much worse.

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>.

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.

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.

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.

The sciatica stretches and information I want to share with you are great. The best one you can do is lying on your back and pulling your knees up to your chest. The point of this is to stretch out the lower back and should take the pressure off the nerves. Another stretch is grabbing onto something above your head and allowing your legs to go weak. This forces the back to stretch out and takes a lot of tension off of it.

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...

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!

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.

Learn the Sciatica Stretches That Work

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.

Many of the *sciatica* exercises you will see being presented to you by your doctor, health care provider or by websites providing information on exercises for treating this problem will focus on strengthening both the muscles in your back and abdomen. By strengthening these muscles a person is actually providing their back with more support.

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.

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...

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.

About the Author:

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

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.

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.

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.

Stretching exercises are especially good for treating [sciatica](#) as they target those muscles which are causing the pain because they have become tense (tight) and not as flexible as they should be. People who take up sciatica exercises find that it helps to strengthen and stretch the back muscles and they can recover much more quickly when they suffer a flare up of sciatica in the future. Plus it has also been found that it actually helps to prevent them from suffering future episodes of *sciatica* pain.

A lot of people don't understand what is happening, but it's really quite simple. There is some sort of nerve being pinched in some manner. This could be happening from a spinal disc compressing too far and a nerve gets pinched. It can also happen from a tight back muscle that literally strains a nerve to the point of pain. Essentially some nerve, for whatever reason, is getting too much pressure on it and you end up with [sciatica](#).

However there are ways in which sciataca can be treated and certainly using sciatica exercises can be extremely effective in dealing with this particular problem.

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.

This is because without them carrying out any kind of exercise or movement the muscles in the back and their spine will lose its condition and will then find it very difficult to support the back properly. The weakening of the back could lead to injuries and this will only then increase the amount of pain that the person is feeling.

However the actual sciatica exercises a person will use to treat the problem will depend on what the actual cause of the pain is. Plus it is important that you should know that this type of pain can be caused by some other underlying medical condition such as an infection or tumor which will need to be treated as well using the right kind of medical procedures. Ricky Lim recommends natural back pain products such as Eazol for back pain relief. Visit his site today for more back pain products.

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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