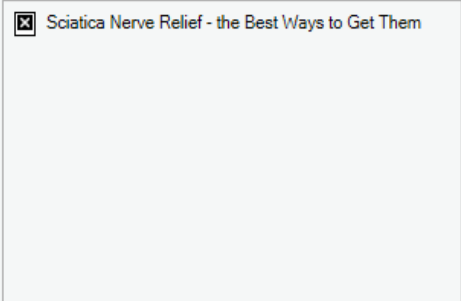


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Sciatica Nerve Relief - the Best Ways to Get Them

Suffering from sciatica can be quite irritating and it is definitely something that you don't want to allow happening. Here are a few tips that will help you get relief from your sciatic pains.



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](http://www.back-pain-advisor.com) - strives to give you valuable and expert advice, tips and information on your back pain issues.

Conclusion The typical and often first recommended sciatica pain relief treatment is simply bed rest. But like any other medical conditions, herniated disc symptoms can be manifested in a lot of different ways, depending on the person and his/her lifestyle specifically related to exercise. In most serious conditions where nothing seemed to effectively work regardless of whatever techniques you applied, injections and oral steroids can be an option and should be explored. Implementing an ongoing system of physical strengthening exercises in conjunction with the steroids will see a remarkable improvement in most herniated disc conditions. Oral steroids for a herniated disc help with the pain and the swelling at the same time. If nothing is working and the pain of the herniated disc persists it may be well worth considering surgery as an option.

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

Other non-invasive mode of treatment is the cervical traction in which, it lifts off the pressure on the nerve roots. However, this is not guaranteed to work perfectly well for everybody and is completely reliant on the health condition and age of the patient suffering from the herniated disc. This is however a reasonably simple method to implement. A home traction kit device may be conveniently used by patients who respond positively to this form of treatment, to help them cope with the pain associated with a herniated disc.

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.

Sciatic pain is simply caused by pressure being placed on the sciatic nerve and there are primarily four things that can create this... you may have one or more of the following:

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

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.

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!

The decision to undergo surgery however depends greatly on the patients decision, with the help and support of the surgeon or with the attending doctor. It is always best to exhaust all forms of sciatica relief treatments before deciding on surgery.

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.

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.

Food and sleep for relief There are types of food that you can eat that will help you to get healthy a lot faster than regular foods such as peanut butter. This is a great type of food to get a spoonful of a day; it keeps you going and helps your metabolism. Any nutritious food is good for you, especially if it has vitamins in it. Also, if you want to get to feel better fast and need Sciatica Nerve Relief, sleep will usually give you a great boost there is no better *Sciatica* Nerve relief giver. *Sciatica* just makes you very tired and makes you feel unable to exercise, which is not healthy and will not help you to get any better nor fix your nerves any time sooner.

Question 2... What type of sciatic pain to do you have? Knowing which type of pain you suffer helps to determine how severe your sciatica is. Most people with sciatica will experience pain, it may be a gnawing, and toothache feeling or it may throb or shoot down the leg. Others will have a numb feeling and some may experience the muscles not holding their strength. If you look at the type of pain, you can see how serious it is.

To simply correct this type of sciatica, you need to know this! If your lower back pain travels down the leg to your foot or ankle, then obviously the sciatic nerve is irritated at a greater level. The further your sciatica travels, generally speaking, the worse the condition. In these situations professional advice and treatment is indicated.

If you know the right answers to the 3 important Sciatica questions, sciatica can disappear quickly. If you fit the criteria of caution, then be cautious and seek professional intervention. Don't let [sciatica](http://www.back-pain-advisor.com/sciatica.html) "lay you up"... learn to get rid of sciatica once and for all.

About the Author:

The author has helped many people to get sciatic nerve relief. Discover how you can get rid of sciatic nerve pain by visiting [SciaticNervePains.com](http://www.SciaticNervePains.com)

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.

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.

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!

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.

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.

Are you one of the thousands you have sciatica. Do you have that nagging back pain that now travels down your leg... making you feel tired, frustrated and grumpy?

Medication The medicines you take should all be prescribed to you if over the counter, if not, still ask your doctor all about the Tylenol you take. If it has too many milligrams in it or if it is too strong your doctor will let you know. When you first start seeing your new doctor you should always take your medicines with you to talk to him and let him know what you are taking. There are some medicines you may be taking that cause you to want to sleep and then there are some that will cause you to want to be lazy and when you are needing to exercise you need to be energetic and not have any involvement in medicines that will make you drowsy.

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](http://www.lose-the-back-pain.com). Order your copy now online at <http://www.lose-the-back-pain.com>

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.lose-the-back-pain.com/achesandpainsarticle.html>

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Article by Jesse Cannone of <http://www.lose-the-back-pain.com>. Jesse is a certified personal fitness trainer and post-rehab specialist and he has helped hundreds of individuals to eliminate their back pain. Visit his site now and be sure to sign up for his free email course on eliminating back pain.

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...

Sciatica is often confused. It can be a serious condition or it may be an irritation that is easily corrected. How do you know? If know the answer to three questions, then you can decide whether you can correct your **sciatica** yourself or you need to seek help from a structural specialist.

Question 1... How far does your sciatica travel? The sciatic nerve can be irritated in the lower back, pelvis and as a result of muscular tightness in the buttock. If you have lower back pain and pain travels out to the buttock, this can still be **sciatica**. It is just a lesser form and easily corrected with various lower back stretches, exercises and joint techniques.

To avoid the need for ongoing usage of the oral steroids for sciatica, exercises and physical therapies are beneficial and will provide a long term rehabilitation and hopefully a cure for the herniated disc problem. At the start of the program, the physical therapist may apply some modalities like ice or heat compress or ultrasound to decrease muscle spasm.

The pain brought upon by sciatica is usually a cause by considerable factors like compressions on the nerve roots, and inflammation of the disc material. It is possible to gain quick relief from such anti-inflammatory medications, as they help to reduce the swelling or the inflammation, therefore, pressure on the nerve roots also will be resolved.

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.

Doctor If you want to get **sciatica** nerve relief, then the best thing to would be to go to your doctor and ask him or her what you should do, and why aren't your exercises working. When you go to your doctor make sure to inform him or her of all the medications you have been taking or that you have taken in the past. This may have something to do with how your body responds to your treatments you are using to get your Sciatica Nerve Relief. There is no better way to find out what could possibly be causing you not to respond to your treatments than to consult with your doctor.

Let me give you some examples of what I mean: 1. If you sit on the edge of your chair with your 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.

Aside from the oral steroids for sciatica, non-surgical treatments are also widely practiced, like physical therapies and exercises, chiropractic manipulation; cervical traction; activity modification, osteopathic medicine, bracing, medications and injections. Medical professionals who can diagnose above treatments are psychiatrists, family practitioner, osteopathic physician, spine surgeons, neurosurgeons, and neurologists- do not trust the judgment of anyone else. Physical therapists and chiropractors may also administer the non-surgical treatments as mentioned in the first part of this paragraph. The oral steroids for herniated disc should only be given by a healthcare professional, and needs to be accurately assessed before commencing.

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!

Be active If you are suffering from sciatica then it will make you want to lie down and cause you not to be active at all. However, research has shown that if you are lying down or you're not active at all then the pain will just get worse. Push yourself to be active every day, even if it is just something like walking for 20 minutes or just stretching you muscles a bit. One of the best ways that will give you relief from your sciatic pain is with exercises and you will be amazed how much better you'll feel after doing a few exercises every day. However, be sure to know which ones to do as it could also cause you more harm if done incorrectly.

Nerves, when irritated, exhibit definite pain patterns. The outer fibers of the nerve create what is called paraesthesia - which mean altered sensation. You may experience tingling, the gnawing feeling and a sensation of numbness. The numbness is a sensation not a reality. You can check this by pinching the area or using a pin prick. If you still feel pain with these then you have paraesthesia not true numbness.

Can you actually imagine being free of sciatica? Do you really believe there is a cure, so you can enjoy all the activities you use to do? Wouldn't life be perfect again if that pesky sciatica disappeared once and for all!

As the initial sciatica pain sets in, anti-inflammatory medicines may be taken to manage and decrease the pain. Possible medications are ibuprofen drugs such as Nuprin, Motrin, and Advil. COX-2 inhibitors are another option to aid in reducing the pain.

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

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.

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.

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.

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.

Oral steroids for sciatica are also administered in more severe cases. These prescriptions provide pain relief. But take note that such medications can only be used for shorter periods of time only. Oral steroids for herniated disc include Medrol Dose Pak, methylprednisolone, and Predisone.

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.

If you have not had trauma, if your general health is generally okay, your **sciatica** will most likely respond to some simple self help techniques you can use at home. It can ease and disappear quickly... but as the saying goes - if pain persists see your doctor.

Question 3... What caused your **sciatica**? If you have had a fall or injury then sciatica needs attention. Sciatica at times is caused by disc injuries and spinal conditions that relate to joint instability. These need to be assessed and treated accordingly. Although the majority of sciatic nerve irritation comes after situations that appear completely normal. Your normal daily activity should not cause sciatica, however a build up of tension can lead to sciatic nerve problems.

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.

The deeper the pain of the nerve then causes the sharper, definite pain. The deeper levels will cause actual numbness and loss of muscle power, strength and endurance. If you experience symptoms of the sharper, layer disturbances, then professional help is essential.

To have this goal is admirable... but you need to know 3 very important facts first. Or your **sciatica** may not disappear and you may suffer for a long time yet. Something you do not want... or need.

2. Another example is runners and bikers who actually work very hard tend to get sciatica because they fail to keep a strength 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.

About the Author:

Want further information on herniated discs, symptoms, treatments and sciatica pain relief? Please visit: <http://www.herniated-disc-adviced.com> (Visitors receive FREE Ebook on sciatica disc exercises)

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