


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.

Sun April 22, 2018

ADVERTISEMENT

Chiropractor, Tampa: Low Back Pain and Sciatica.

Chiropractor, Tampa: Low Back Pain and *Sciatica*. Sciatica refers to pain that comes from the sciatic nerve. It is usually experienced in the legs or buttock but can also affect the feet. The origin of sciatica is from irritation to the nerve roots that exit from the lumbar spine and sacroiliac area. Occasionally it can be caused by a muscle that is pressing against the nerves. The leading cause of missing work is due to low back pain. Not only do employees suffer and miss out on income, or eat up their sick days, but employers also suffer. Missing you valuable employees can be a huge inconvenience, leading to loss of revenue. Then when the employee gets back to work, they are often put on light duty, which can also mean loss of revenue and productivity. Chiropractors should always be consulted first when low back pain and *sciatica* occurs. Going to the medical doctor for this condition makes no sense as a first resort. Getting pain killers and muscle relaxers is fine, but only if the individual is going to the chiropractor. The chiropractic physician is the only health care provider that is trained to detect and eliminate the cause of low back pain. A vast majority of the time the cause of low back pain is a misalignment of a joint that irritates a nerve. This condition is called a subluxation. Dr. Steve Edelson of Tampa, Florida is a chiropractic physician with 12 years of experience in treating low back pain and sciatica, and he says, "I have personally suffered from severe low back pain. I know what it is like to have this condition. This makes me more determined to find the cause of the problem and correct it for my patients. I would never suggest that people go to a medical doctor before going to a chiropractor." For more information visit these web sites: BLOG or DR STEVE. You may contact Dr. Edelson at (813)495-0526. See the Press Release. See the Forum Post POST THREAD. For the latest Press release, Click Here.

 Chiropractor, Tampa: Low Back Pain and Sciatica.

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.

For the majority Living With Sciatic Pain often means: A life of pain relievers - anti-inflammatory medications, over the counter pain medications and prescription pain medications are not meant to be taken on a continuous basis and often cause more harm than good. Ulcer, IBS and other complications can arise from too many pain relievers.

Dealing with the pain - this is the course of action that most people decide to take. "I'll just deal with it." When the alternatives are surgery and stretching exercises which don't really seem to work, and in fact make the pain worse sometimes, it doesn't leave a person living with sciatic pain with much hope.

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.

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!

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.

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.

Most people would have been content with being a highly successful personal trainer and post-rehabilitation specialist with a thriving fitness business in the Greater Washington, D.C., area. But when Jesse saw that so many of the clients who came to him were suffering with lower back pain and sciatica, he made a decision that would not only change his life but the lives of millions of others - from Atlanta, Georgia, all the way to Queensland, Australia.

About the Author: Jesse Cannone Recognized as one of the top fitness trainers and natural health experts in the United States, Jesse Cannone has been helping people live healthier lives for more than a decade. He is an amazing example of how far passion, drive and determination can take you.

Variations of sciatic pain Living with sciatic pain may be fine if you have mild symptoms like occasional tingling or a dull ache down one leg however if you have more severe symptoms like:

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.

The decision was to focus all his attention on helping the millions of people who struggle with back pain, neck pain and sciatica. Then, with the help of massage therapist Steve Hefferon and a hand-picked board of medical advisors, he created the world's first self-assessment and self-treatment program for back pain and sciatica sufferers. The system, which is called Lose The Back Pain??, has proven extremely effective and over 35,000 copies have already been sold in 85 countries.

Learn more about the Sciatica Stretches That Work

Having personally worked with hundreds of clients, Jesse has developed a no-nonsense approach to fitness and wellness that has helped people all over the world weed through all the weight-loss and fitness hype to discover what really works.

Ask anyone living with sciatic pain what that means and you'll receive different answers. For some it means a few days each year with some mild discomfort, for others it means a life of chronic and often excruciating pain.

Modified behaviors - you can't do the things you used to do and you just have to live with it. Not such a nice way to live is it? When you used to run, walk the dog or swing from a trapeze now you can only sit on the couch and knit and even that helps.

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.

If pain relievers aren't an option, surgery, steroids, and basic stretches aren't an option and just don't seem to work anyway, what is a *sciatica* sufferer supposed to do?

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.

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*!

- Shooting pain in your low back or hip - Numbness in your leg, hip or buttocks - Burning sensation in your leg, hip or buttocks Then living with sciatic pain isn't an option. It can keep you up at night and forget sitting still at a movie theater or enjoying a meal at the table with your family. Often not moving makes the pain worse so people suffering from sciatic pain are constantly needing to get up and move around.

Click here to learn more about back pain and *sciatica*

Rather than live with sciatic pain, consider seeking a therapist which can diagnose the cause of your *sciatica* and treat your whole body rather than the symptom. A well balanced and structured muscle system will provide your body the support it needs. Balanced muscles mean your body has the ability to compensate when you push it hard, make an unusual movement or are injured.

If you or someone you know has been living with sciatic pain, stop. Take action. You don't have to rely on doctors and therapists who only know to treat the symptoms. Find balance and stop your *sciatica* pain today. Start with simple sciatica stretch and continue to learn more about the condition and how to treat it

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.

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 in 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.