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Sciatica During Pregnancy

Imagine the surprise a woman must feel while dealing with the physical symptoms and discomforts of pregnancy, to suddenly develop severe back pain. This is not the usual low back pain that is often experienced during pregnancy; it is sciatica. This sharp, shooting pain usually starts in the buttocks and radiates down the back or side of the thigh to the calf and possibly the heel. There may be paralyzing numbness, in addition to the pain, which can be severe enough to limit mobility.

Sciatica During Pregnancy

??? Maintain proper posture and try to stand straight. ??? Wear flat shoes or ones with a very low heel. Avoid shoes that throw your weight backwards.

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**.

??? Williams Exercises have been developed specifically for use during pregnancy. They may temporarily relieve **sciatica** pain as they help strengthen the muscles of the pelvic floor, the back and abdomen.

About the Author:

Verona Raymond gets effective results when dealing with herniated disc and sciatica pain. Learn her secret to eliminate herniated disc pain entirely and get her special Back Pain Bonus Report to discover how you can find immediate relief. To receive your own free back pain bonus report, visit: <http://www.herniated-disc-treatment.com>

??? Moist heat alternated with ice packs ??? Chiropractic treatments may be helpful. Be sure to select a practitioner experienced in treating prenatal patients.

??? Bedrest may be necessary at times. ??? See your physician if the pain becomes unmanageable. *Sciatica* is unique to a pregnancy and may gradually disappear on its own. Just because you had sciatica in one pregnancy does not mean it will appear in a subsequent one.

Sciatica can occur at any time in a normal pregnancy but it is most common during the second and third trimester, when the baby is larger and carried lower in the abdomen. Known as Pregnancy-Related Sciatica, it is caused by the pressure of the baby on the sciatic nerve. This is the largest nerve in the body, about the diameter of a finger. Its fibers branch off the spinal cord at the 4th and 5th lumbar vertebra (L4, L5) and the first few segments of the sacrum.

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.

5. Flex Your Pelvis Pelvic tilts allow you to gently move the lumbar region of your spine, increasing circulation in the area. It is recommended to follow these instructions. Lie on your back with your feet on the floor and your knees bent. Tilt your pelvis so that your back flattens against the ground, then lift it up. Hold for 5 seconds and relax. Continue tilting and lifting and relaxing five to six times every hour when **sciatica** flares up.

??? Try to avoid significant weight gain. ??? Try sleeping on a firm mattress, lying on one side. A pillow rolled up under the knees may be helpful.

Most physicians avoid prescribing medications for pregnant patients suffering from sciatica but there are several steps that can be taken to relieve or decrease the discomfort. This includes:

7. Give Your Legs A Lift Try to keep pressure off the lumbar region of your spine, from which most sciatica pain radiates. It is recommended lying on your back with your lower legs resting on a chair or a low table such as a coffee table. Your knees and hips should be bent at about 90-degree angles. Do this as needed for relief.

2. Don't Get Crossed You tend to cross the same leg all the time. That means you are always sitting on the same buttock, which puts a lot of pressure on the sciatic nerve on that side. Ideally, you should not cross your legs at all. But if you must, at least try to switch sides from time to time.

In addition, these helpful habits may decrease the chances of developing sciatica: ??? Avoid hours of sitting slumped at a computer or standing with a baby on one hip. Both can contribute to lower back pain.

??? Swimming and walking are excellent exercises if not contra-indicated by the physician. ??? Avoid walking on an incline as this can cause joint irritation and lead to problems.

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.

About the Author:

Paul G Miller is a Ft Lauderdale chiropractic therapist who has worked with individuals with back pain problems for seven years. If you would like to receive a free weekly newsletter on back pain relief visit www.usspincare.com and also to get more in-depth information.

??? Massage to reduce muscle tension. Some experts believe that tightness in the gluteus and psosas muscles contribute to sciatic pain. Treatment once or twice a week can help relieve stress on weight-bearing joints.

Raymond Lee is one of the foremost experts in the health and fitness industry and is the Founder of Bodyfixes Group specializing in body health, muscle development and dieting. He is currently the author of the latest edition of "Neck Exercises and Workouts." Visit <http://www.bodyfixes.com> for more information.

6. Write Your Own Prescription Nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen remain the treatment of choice for **sciatica**. They can reduce any nerve inflammation caused by the pressure of a herniated disk. These medications won't cure your pain, but they will make it more tolerable.

Sciatica pain is something you won't want to live with for an extended length of time. Effective treatment is available now that will ease your **sciatica** pain sooner than you might think.

There are several types of physical therapy that you may have to go through in order to overcome the pain. Typically, this is accomplished through stretching and at times strengthening exercises that are done in the presence of a qualified physical therapist. There are also some specific exercises that you may be able to do at home in order to help speed along your recovery process.

4. Take A Seat The Right Way When you do have to sit, make sure that your posture does not make your **sciatica** worse. Your knees and hips should be bent at about 90-degree angles. Your weight should be on the ischium tuberosity - the sitting bones - and not on the tailbone.

3. Go For Yoga Practicing certain yoga exercises can help ease sciatic pain. It is recommended to try out this exercise. Lie on your back with your calves resting on the seat of a chair. Your hips and knees should be bent at about 90-degree angles. Cross your arms over your chest and place your hands on your shoulders, not on your neck. Inhale, then begin a long, slow exhalation. During the exhalation, tilt your pelvis so that your lower back moves to the floor as you flatten your abdomen. Raise your shoulders 6 to 10 inches off the ground. Lower your right shoulder to touch the floor. Repeat, this time lowering and raising your left shoulder instead. Do this five to six times per side.

You might be interested to know that there is some controversy over exactly what is going wrong in this particular case. Some doctors will refer to it as a ruptured disc while others may refer to it as a torn disc or perhaps even disc disease. Regardless of what they are calling it, however, you are probably interested in what can be done in order to alleviate some of the symptoms that you are experiencing. Although this will have a lot to do with the different diagnosis that you get, there are some things that can be done in order to take some of the pressure off of the sciatic nerve.

One thing that you may be told to do is to use hot and cold treatments on this area of your back. This is a very common thing whenever it comes to herniated discs and they can actually help to ease some of the pain by reducing swelling. In the case of sciatica pain and a herniated disc, however, more may be needed in order for you to totally overcome the problem.

Is your sciatica pain common to herniated disc? If so, how do you get pain relief now? There certainly are a lot of different things that can go wrong with our backs. One of the worst problems that we can have, however, is if we have a herniated disc, especially if it is irritating the sciatic nerve. A herniated disc occurs whenever the padding that exists between the individual vertebrae begins to break down and eventually ruptures or protrudes. This can cause enough pain on its own but there are times whenever the bulging material will press against the sciatic nerve, either pinching it or irritating it in some way or another. This can cause a lot of suffering for the individual that has these kinds of problems.

As the pregnancy develops, the abdominal tendons and ligaments become looser to prepare for childbirth. The backs of some women become quite unstable and prone to injury. Medical evaluation should always be sought. In some cases, sciatic pain is due to pressure on the nerve that is caused by damage to the disc between the vertebrae of the spine. This creates inflammation and pain and requires specific treatment.

1. Adjust Your Seat Most people position the car seat too far back when they drive. You put a lot of strain on your back when you have to stretch to reach your pedals. You should be able to press the gas pedal just by flexing your ankle. Your hips should be at about 90-degree angle, and your back should be in neutral, not bent, not perfectly straight, but comfortable.

It is pain in the butt quite literally. It can also be a pain in the hip, the thigh, the lower leg, or even the foot. In fact, the condition known as sciatica can send pain shooting anywhere in your lower body. What is causing all the commotion is the sciatic nerve, which is not one but a group of nerves bound together in a single sheath. The sciatica nerve runs from your lower back down each leg all the way to the foot. When it is injured, inflamed, or irritated, it can produce pain at any point or every point along its route. The most common cause of **sciatica** is a herniated disk. Disks separate the vertebrae in your spine. The result is excruciating pain. On rare occasions, sciatica can result from other health problems. Some are serious, such as diabetes, blood clots, and tumors. But others are minor. You can even get sciatic pain from sitting too long in an awkward position. So have your pain checked out before you proceed with self-care. Here are some tips that you can consider to adopt to relieve your pain.

??? When getting out of bed, try rolling onto your side first, letting the weight of your feet and legs dangling over the edge of the bed, pull your body into a sitting position. This puts less stress on the lower back, helping you to avoid triggering a painful muscle spasm.

The sciatic nerve is the largest nerve that exists in the body. Starting in the lower back, it runs through the area of the buttox and then down into the legs. Since it is such a large nerve and covers a lot of ground inside of your body, there are a lot of opportunities for things to go wrong with it. Typically, the pain will occur because of problems that are experienced in the lower back. If this nerve is pinched or irritated in some way, perhaps through a herniated disc, the pain may be localized or it may even travel down into your legs. In order for you to get rid of the pain that you are experiencing, you need to remove the pressure from the sciatic nerve.

Learn the Sciatica Stretches That Work

David Lind

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