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Sciatica: How Can You Get Rid of Your Pain in the Butt?

Have you ever experienced a literal pain in the butt that continues all the way down your leg? Has it ever felt like someone was sticking a hot poker into your leg? If either of these scenarios is familiar to you, you've probably suffered from sciatica, a pain in the sciatic nerve. No one experiencing sciatica wants it to stick around any longer than, well, at all, so let's not delay in discovering how you can make your leg pain a distant memory.



Even if you end up seeking professional help to deal with sciatica, incorporating practical home care can help shorten your recovery time and get you out of pain quicker. If pain in your buttocks and legs is something that you would rather avoid than deal with again, use these tips regularly to give yourself the best chance of preventing sciatica for years to come.

Move it! While sitting in a straight-back chair is helpful in supporting your lower back and spine, be sure that you aren't sitting for any longer than 15-20 minutes at a time. Lack of movement in the joints of the spine especially can cause further damage, stiffness and muscle strain. Getting up and moving frequently, even if only to stretch or walk gently around the room will help to keep circulation fresh and facilitate a quicker recovery. Be sure that you stay well within your limits; if you are pushing yourself too hard and it is causing pain, then stop and give yourself a rest.

There are exercises which target these areas to relieve pain. In case of substantial sciatica pain, doctors only recommend exercises that are mild in nature and do not cause discomfort. Lying prone, trying to touch the chest with both knees and pelvic tilt are the most common exercises that are suggested at this stage. You can lie on your stomach with a pillow for supporting you hips. Pelvic tilt requires that you lie down on your back, bend your knees to contract the abdominal muscles.

The nervous system of our body mostly depends on the musculoskeletal system. If any kind of displacement occurs in the joints, bones and spines, the nerves, which lie underneath, are compressed. As a result, we suffer immense pain. Moreover, due to this displacement, the vital organs of our body are affected causing disorder. However, one of the most common types of spinal displacements is slipped disc. Actually, slipped disc is caused due to the breaking down of the various circles of connective tissues that bulge out towards the spinal cord. Slipped disc can lead to different kinds of disorders in your body. However, the most common disorder is the compression of the vital nerves, which pass underneath the discs. Sciatica is a symptom, which is caused due to the compression of the nerve roots that give rise to the sciatic nerve. It may as well cause due to the compression or irritation of the sciatic nerve itself. The compression is caused mainly due to the slipped disc.

Frequently sciatic nerve pain is a result of the joints in your lower spine being poorly aligned and putting pressure or stretching on the nerves as they come off from your spine. This problem is called a subluxation and is diagnosed and treated by chiropractors. Sciatica can also commonly occur due to spasm of a muscle in the buttock called the piriformis muscle. The sciatic nerve passes under this muscle as it travels through the pelvis near the hip down to the back of your leg. This problem is frequently treated by physical therapists, chiropractors and massage therapists.

Go for a massage. It stands to reason that if your sciatica is due to irritation of the sciatic nerve from spasm of your piriformis, hamstring or lower back muscles, deep tissue massage can be of great benefit to you. Getting a massage or even using a massager at home that is able to get into the deeper tissues of the buttocks and low back may help relieve some or all of your sciatic pain. At the very least, it can help to reduce the stress that commonly accumulates when you are in pain.

Exercises are one of the most frequently used forms of sciatica treatment. They help a great deal in strengthening the muscles in the affected areas. However, it is very important to choose the correct type of sciatica exercises based on the underlying cause of sciatica in individual cases. It is always good to exercise with care and not to exercise when the pain is acute. Otherwise you will end up aggravating your pain.

Get professional help. It is always a good idea to seek help from a chiropractor, medical doctor, physical therapist or massage therapist when you experience pain in the low back and/or legs. Waiting too long to effectively treat a condition involving your nerves can cause problems as mild as missing time from work all the way up to irreversible nerve damage. It is wise to effectively and completely deal with any problems involving your nerves, as doing so will help prevent similar problems from rearing their ugly head again down the road.

Many people in the world experience sciatica in the form of lower back pain, or pain in the lower parts of the leg and the foot. Sometimes, the pain is too severe and it is accompanied by muscular weakness, difficulty in moving the legs and numbness. Moreover, the sciatica symptom is felt only in one side of the body. Some people do not understand the meaning of sciatica and they tend to take it as a form of diagnosis. The sciatica is caused due to the compression of the lumbar nerves or the sciatic nerves, which is caused due to the herniation of the spinal disc. The spinal discs are composed of rings of cartilage that are spongy. The discs separate the vertebra, which allows room for the roots to protrude through the vertebra and whenever you move, the roots of the nerves are compressed by the spines, causing intolerable pain. Sciatica can also be caused by tumors impinging on the spinal cord.

Sometimes even one form of exercise is good enough to get rid of the pain. However, finding that right exercise and doing it regularly to get rid of the pain depends on the exact cause of sciatica. Your sciatica may be due to herniated disc or it may be due to piriformis syndrome that occurs due to the contraction of piriformis muscle in the area around the hips. You can stretch these muscles slowly to reduce contraction, loosen the tight muscles and reduce pressure on sciatic nerve.

Drink like a fish. To drink like a fish, you need to drink what a fish drinks: water, lots and lots of water. When your body isn't hydrated properly, the tissues become tacky and adhesions form. If adhesions form, this slows the healing process and causes increased scar formation. Adhesions can form between your sciatic nerve and the surrounding tissues, causing your healing process to be incomplete and leaving you vulnerable to frequent, repeated sciatic episodes.

Exercise plays a leading role in treating sciatica. There are many sciatica exercises. These exercises are one the best ways of treating sciatica. They specifically target the muscles in lower back, thighs and abdomen area. Though doctors advise bed rest in case of acute sciatica pain, the muscles are still weak and this again brings back pain if physically demanding activities are performed.

Defining sciatica and mentioning its affects on pregnancy: The nerve that extends from the lower back to the legs and feet is the sciatic nerve. This nerve is responsible for the sensation in the muscles of the region, i.e. the legs. This sciatic nerve, at time, tends to inflame, mainly because of application of severe pressure in one's backside, or due to a previous injury. This situation is a very undesirable one as it makes one experience the sciatic pain. If this pressure is consistent and there is an unceasing pressure on this nerve, this can cause one to feel weak in their legs and the region surrounding the legs, such as feet. In some cases, numbness and even a sense of tingling was felt by the patients. One can relate this sensation to the one which you feel when you tend to stay in one position for long, and the legs/hands etc. are said to have "fallen asleep". That sensation of pins and needles can be best related to this one.

Get it straight. Your posture plays an important role in the health of your spine. Sitting and standing as straight as is comfortably possible will help to reduce the effects of nerve irritation and get your nerves healing quicker and more completely. Avoid sitting in soft couches or chairs, as they will not give you the support that you need to sit well. Instead, drag a kitchen chair into the living room and spend your time sitting in a more supportive chair. Use a back support cushions in every chair you sit in; whether at work, in the car or at home to help support your back properly.

For more resources about slipped disc or even about sciatica please review this website <http://www.thrivechiro.com.au>

Stretching the piriformis muscle can be done several different ways. However, when your sciatic nerve is screaming, the easiest stretch involves lying on your back with your knees bent and pulling one knee at a time up towards the opposite shoulder and holding it for 5-30 seconds. You will know you are getting a good stretch when you feel a mild stretch in the buttocks near the hip.

Put on some relief. Topical analgesics can help alleviate some of the bite of the pain of sciatica while helping soothe the spasm in the muscles of the low back, buttocks and upper leg. Getting even temporary relief from your sciatica can help your healing process by providing you an opportunity to rest or sleep.

The better you take care of yourself, the greater health and vitality you will enjoy.

About the Author:

Dr. Nick Preston is a chiropractor focused on helping families enjoy greater health and founder of Wisdom and Health. If you want to learn more about sciatica and find products designed to help you, check out www.wisdomandhealth.com/sciatica.html. You can also find products which will help you quickly make your leg pain a distant memory.

Still curious about sciatica? Want to know more details on Sciatica Pregnancy? Visit <http://www.treatsciaticanow.com>

Get some sleep. Sleep is one of the most critical components in helping start and in maintaining a healing process. When you sleep, your body does its best work of healing and repairs the damage done throughout the day. Following any injury or during any illness, regular sleep is critical in helping your body get the upper hand.

If after 4-5 days you choose to alternate ice and heat, keep it off from the spine and limit heat use, especially with a heating pad, to no more than 20 minutes. Avoid sleeping while applying heat, as it can cause burns and can dry out the tissues, slowing the healing process.

Stretch yourself. Relaxing the muscles in the lower back, buttocks and upper legs through stretching will help reduce the strain on the sciatic nerve and the joints throughout the lower back and pelvis. Always stretch gently and avoid any further stretching if it causes sharp pain or if it aggravates your problem.

Sciatica is developed by many females during their pregnancy period. Although, this criterion (of being pregnant), is not absolutely necessary. During pregnancy, severe pressure is put on the back and thus the sciatic nerve. This trends to cause discomfort in the backside, such as backache. If someone has a history of damaging the discs in the spinal chord, this can also lead to sciatic pains. The tissues that surround the nerve tend to undergo inflammation and a direct pressure is put on the sciatic nerve. A good example of this would be a case in which a disc slips out of its initial position and as a result tends to compress the sciatic nerve. As it is, pregnancy makes women more and more naive to a disc injury, and thus, the relationship is pretty evident.

Types Of Sciatica Exercises Sciatica exercises are divided into three categories. Though their main purpose is to relieve pain, each category targets a specific aspect of reducing sciatic nerve pressure so that the pain can be reduced. The exercise which stretch the muscles are called stretching exercises. Exercises which stabilize and strengthen muscles are called stabilizing and strengthening exercises. The third category of exercises called general conditioning exercises. These exercises are stretching hamstrings, stretching of lower back, and making the core muscles strong. These exercises specifically target muscles in the torso, abdomen and back. An exercise regimen that combines the exercises from these three categories is very effective in reducing sciatica pain and in preventing it from recurring.

Most females develop this condition of sciatica at some point during their pregnancy and otherwise as well. It might just well be a coincidence that they experience discomfort when pregnant. In some cases, pain in the pelvis region is also misinterpreted for sciatica-related pains, this notion, however, is incorrect.

Benefits Of Sciatica Exercises These specifically targeted exercise work because they work on the muscles that are crucial for supporting the back and reducing the pressure that affects sciatic nerve. These exercises lead to increased blood circulation. This results in healthy and supple spine and increased supply of oxygen and other vital nutrients to spine.

Symptoms ?? As already mentioned, one experiences the feeling of pins and needles in the legs or the lower back region. ?? Numbness ?? Pain in the pelvic region, lower back, feet etc.

Take a break from your regular exercise routine to give your sciatic nerve a break. If you simply must exercise, try non-impact exercises of the upper body, like resistive exercise band exercise or exercise ball exercises. Swimming may be a helpful alternative to your regular routine as well.

Give it a rest. Exercise is a great asset to getting and staying healthy, but when your sciatic nerve is unhappy, exercise will frequently flare up your problem and slow your progress. Especially if the piriformis muscle is involved, exercise which causes pounding, such as walking, running, tennis, basketball, soccer, etc., will flare the piriformis spasm and put additional strain on the spine in the lower part of the back.

Sciatica has become a common problem for the people, who are above 50 years. It is because, after 50 years, the spinal cords become very weak and even a minor injury or strain can lead to slipped disc. Apart from that, slipped disc is mainly caused to physical labor, accident or any kind of exhaustion. There are different kinds of diagnosis, which can help in the treatment of sciatica or slipped disc. However, the foremost thing is to undergo an x-ray examination. After examining the x-ray, the physician will ask you to resort to certain exercises, like walking on toes, exercising the spine, bending forward and backward, lying on your back, raising leg.

There are alternative forms of sciatica exercises too like Yoga. Yoga has many postures that can be used to provide relief from sciatica pain. All these yogic postures keep the muscles flexible and strengthen them which lead to faster healing.

The most important thing in this regard is taking absolute rest. Apart from these exercises, sciatica can also be cured through different kinds of therapy. One of the most common therapies is chiropractic treatment. Through this treatment, the chiropractor manipulates the different spinal cords and through the external pressure, normalizes the slipped disc. There are different diagnoses, which have been introduced these days for treating slipped disc. However, the most important thing regarding slipped disc or sciatica is prevention. If you are careful about your movement and if you exercise regularly, you can keep yourself away from these physical disorders.

Chill out. Ice will be your best friend when you are suffering from sciatica. Placing a cold pack or ice pack on the lower spine, tailbone and/or buttock for 20 minutes once every 2-3 hours will help reduce swelling and also reduce pain. It is important to use ice exclusively at the onset of sciatica, as it has been found to decrease the length of time needed for healing.

To understand and defeat the beast that is sciatica, it will be helpful to understand what it is and what causes it. The sciatic nerve is the largest nerve in your body, which starts in the low back and travels all the way down your legs to the bottom of your feet. It controls nearly everything within your legs: from the large hamstring and quadriceps muscles in your upper legs to the smallest blood vessels in the bottom of your feet.

Sciatica is quite simply irritation of the sciatic nerve. This can happen several different ways at a few different points in the nerve's journey from the low back to and through the leg.

If you aren't able to get in to the chiropractor or physical therapist right away or you hope to help improve your situation at least in part on your own, here are some tips to help relieve the pain associated with sciatica.

Always consult your doctor before you start on any form of exercise.

About the Author:

For more info on sciatica treatment head to: <http://www.sciaticatreatment.org> today!

Tracy B. Wheeler

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