

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.

Herniated Disc and Sciatica Pain - What is the Connection?

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.

Herniated Disc and Sciatica Pain - What is the Connection?

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.

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 pelvic region is also misinterpreted for **sciatica**-related pains, this notion, however, is incorrect.

Go Natural There are many different medicines that can help you with your *sciatica* nerve pain. Not all are natural which also means that not all are very good for you. When you are looking to buy a medicine for your sciatica nerve pain, you should definitely look into all natural supplements for your body. There is no best way to treat your aching pains when your sciatica nerve pain acts up. Also if you talk to your doctor about the problem you have with Tylenol, Advil, and all other supposive pain killers, he can more than likely let you know where you will be able to find the nearest pharmacy or even prescribe the best natural supplement for your *sciatica* nerve pain. Not all supplements, natural or not are used for the same thing. If you have questions, you should ask your doctor to fully explain this to you carefully of what vitamin you are in need of and maybe even ask what types of exercises you should do for your sciatica nerve pain. If you are still a little confused, check in at your local pharmacy for an explanation on what the differences are between natural and unnatural ways to go about curing your sciatica nerve pain are.

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 na??ve to a disc injury, and thus, the relationship is pretty evident.

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>

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.

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.

In most people, self care measures is usually recommended a sciatica treatment as this usually responds well. Continuing with your usual activities but avoiding the original factor that aggravated your **sciatica** pain in the first place will help you to heal more quickly. Even though it seems like a few days of bed rest may provide some relief, any more then this is not a good idea. Inactivity will make your symptoms worse over time. In addition to self care *sciatica* treatment, try some of the following: Cold Packs: Cold packs help to reduce inflammation and relieve some of the discomfort. In a clean towel, wrap an ice pack or a bag of frozen peas and apply to the affected areas for fifteen to twenty minutes four times per day. Hot Packs: After 48 hours have passed, apply heat to the affected areas. Warm packs or a heating pad on the lowest setting should help to alleviate some of the pain. Try to alternate warm and cold packs if you continue to have pain. Stretching: When stretching initially after your sciatica flare up, stick to passive stretching and avoid jerking motions including bouncing or twisting. Over The Counter Medication: There are two categories of pain killers. The first one only relieves pain. The second type of pain killer relieves pain as well as treats inflammation. These are called Nonsteroidal anti-inflammatory drugs. Products such as aspirin, ibuprofen and acetaminophen products such as Tylenol can help to relieve sciatica pain. These can provide real pain relief but there is a limit to how much pain can be controlled. This is known as the ceiling effect - exceeding the recommended dosage wont provide better results. Worse though is that these NSAIDS are known to cause side effects in some people such as nausea, stomach bleeding or ulcers. Acetaminophen has been known to cause liver problems if taken in excess. If you use these medications on a regular basis talk to you health care professional so that you can be monitored for problems associated with prolonged usage. If you are exercising, stretching or following another *sciatica* treatment program you should periodically re-evaluate if you still require these NSAIDS for pain management. Prescription Drugs: A muscle relaxant along with anti-inflammatory medications may be prescribed by your health care professional. In some cases of chronic pain anticonvulsant and tricyclic antidepressant drugs may also be prescribed. By blocking the pain messages being sent to your brain or enhancing the bodies production of endorphins, pain symptoms can sometimes be handled this way. Your bodies natural painkillers are called endorphins. Physical Therapy: Physical therapy can play an important part in your recovery from a herniated disk. When your condition improves your physical therapist can work with you to help design a rehabilitation program that will help you prevent the same injury in the future. Regular Exercise: When you injure yourself you think that movement or exercise would be counterproductive and all you want to do is just lay down and rest until the pain goes away. The truth is that regular exercise is the best way to combat many ailments, including chronic discomfort. When you exercise your body releases endorphins. Endorphins are the chemical that prevent pain signals from reaching your brain and can also help to fight against anxiety and depression. Your pain may be more difficult to control if you suffer from either depression or anxiety.

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.

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.

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.

About the Author:

The author gives advice on getting relief from sciatic nerve pain. To discover how to get relief from your *sciatica* pains visit SciaticNervePains.com

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

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.

Exercise When you are having pains in your lower back, one of the best exercises for your body are to stretch. When you stretch your lower back you relieve your hips. This helps your legs to no longer be numb and to be able to walk a little better. You should never push your exercise routines. If you are stretching, don't do it for over 10 minutes at a time. This would be of no help at all for your **sciatica** nerve pain. Also, working and stretching your stomach muscles helps to loosen all your lower body joints. Just because you think you should try this doesn't mean you should do it for over 20 minutes. Don't over work yourself. It could only make your body ache worse. Your Piriformis is another muscle in your body to stretch that will help relieve the pain going on in your lower back and legs. Be sure you have a chair handy when about to perform this exercise. The first thing you will want to do is to make sure you are sitting up straight and to cross your legs, not Indian style, lady like, while doing this grab on to the chair legs, and bend your body downward. This will help you to relieve your sciatica nerve pain.

Think positive Sciatica can come and go so don't let it run your life, or what you do. It can be easily getting rid of. And it could also be easily developed again, but never let your sciatica nerve pain be the boss of you because you control what you do. Always think positive about everything you do. Ask your doctor if there are any groups for **Sciatica** in your area or look it up online, to find support from another person.

In most circumstances conservative sciatica treatment is tried for three to six months. When conservative sciatica treatment fails to alleviate your pain more aggressive sciatica treatment options are usually attempted. Epidural Steroid Injections: An injection of a corticosteroid medication to the affected area may be helpful in some instances. If taken in doses that exceed your natural levels, inflammation is suppressed relieving painful symptoms caused by the pressure of the inflammation. Most effective when used in conjunction with a sciatica treatment rehabilitation program. Because of the serious side effects that corticosteroid injections can cause, the number of injections you can receive in a year is usually limited to no more than three. Surgery: Surgery is most often a last resort and left until the compressed nerve causes significant weakness, loss of bowel or bladder control, or if the pain itself is progressing and conventional *sciatica* treatment is not working. Most often surgery is preformed as a sciatica treatment to remove a portion of a herniated disk that is pressing on a nerve. The goal is to preserve as much of the normal anatomy as possible, leaving as much of the disk intact as possible.

Tracy B. Wheeler

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.