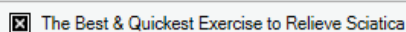


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# The Best & Quickest Exercise to Relieve Sciatica

Sciatica, I'm sure you know, is a real "pain in the butt". It affects your day to day life and stops you enjoying your work and leisure times. At times pin is constant and you may even get numbness in your legs. You may be frustrated that you can't even tie your own shoe laces, or play with your kids, let alone perform totally at work.



Lets start with the basic question on most peoples mind, what is sciatica? The general term used for pain being felt along the sciatic nerve is **sciatica**. This pain is usually described by patients as a sharp electric shocking type pain that starts in the buttocks and travels down the back of the thigh and leg. Most often caused by a herniated disk, there are also other causes. When diagnosing sciatica symptoms a MRI scan is most often taken to help with this process. If your MRI shows a herniated disk make sure to get referred to a spine specialist. A spine specialist can look over your X-rays and be able to recommend the proper course of treatment.

Did you know there are 10 miracle tips that can help you to remove your sciatica and make life enjoyable once again? Here they are... Miracle Tip 1: Rest - exercise is great at keeping you fit and strong, but once sciatica occurs it pays to ease up or stop exercising for now. The Piriformis muscle which is a common cause of sciatica, can get irritated with exercise that jars your body. So ease up on running, tennis, basketball, soccer and other explosive activity sports. Walking, swimming and other low impact sport is still good.

Miracle Tip 7: Drink More - water I mean not booze. Muscles, joints and inflammation all respond well to fluid levels. If you are hydrated more then you heal faster. If you are like me and don't like water as a drink, then don't worry. Tea, juice, milk and even fruit and vegetables are now considered as part of your water intake. So increase this volume or squeeze a lemon into your water to add taste if this helps.

Iliolumbar Syndrome: This is simply inflammation or a tear of the iliolumbar ligament. This is the back of your pelvis and it extends from the spine to the iliac crest.

So you have been diagnosed with sciatica and even though your doctor explained to you about the condition, you have come looking for a bit more information on *sciatica*.

To recap - the rolled towel is in the midline of your sacrum - the top edge at belt height - the rest of the towel is therefore over the sacrum and tailbone.

Sciatica does not need to rule your life. The continuous pain, numbness and frustrations of having poor mobility can ease and disappear. You just need to apply some simple techniques to eliminate your *sciatica* once and for all.

Being extremely uncommon in younger patients sciatica can still affect most anyone. Most people who suffer from sciatica are in the age range of thirty to fifty. Most often back injury or over exerting the back will bring on a sudden onset of sciatica.

The third mistake people, including doctors, often make regarding sciatica is to view it as a condition that can be "cured". Because most people continue to engage in the activities that caused the underlying disc problems to develop that produced sciatica in the first place, the vast majority of sciatica sufferers will experience repeated episodes, usually becoming more severe and more frequent over time. This is due to the fact that the disc issues that initially produce the sciatica tend to grow worse over time if they are not managed appropriately. Once again, it is not safe to assume that a resolution of symptoms means that the problem has gone away. In fact, what happens in many cases is that the spine and discs gradually degenerate over time, making the person more and more susceptible to sciatica episodes. Eventually, the degeneration can become so severe that there really is no effective treatment, and many people are left with chronic, debilitating pain.

Miracle Tip 6: Sleep On It - sleep is very restorative. Healing speeds up and damage is repaired quicker. If you find your **sciatica** is preventing you sleeping then follow the advice of tips 8 and 10.

You may have fears that it will become worse and that you may end up having surgery. Or worse become permanently disabled due to the pain, as a cure is very hard to find.

Then you need to lie on your back, place the towel under your sacrum. This is the wedge shape bone at the base of your spine. Place the towel so that the top edge is at about belt height and the rolled towel points towards your feet.

Piriformis Syndrome: Simply put this is pain caused by the Piriformis muscle that may be in spasm, inflamed, or irritated. Located in you buttock and laying right on top of the sciatic nerve as it exits the spine down your leg. When this muscle is inflamed, irritated or in spasm it will cause pressure on the sciatic nerve causing the **sciatica** like symptoms.

Are you one of the over 80% of adults suffering from back pain? Then you need simple, valuable and expert advice. Dr Graeme Teague is an expert in the structural field, and has been in practice since 1991 - visit The Back Pain Advisor - <http://www.back-pain-advisor.com> for valuable and expert advice, tips and information on your back pain issues.

Miracle Tip 4: Posture - as most of you will sit in your job, sitting straight is important. Try supporting your lower back with a cushion or Lumbar Roll to ease pressure. Avoid sitting in chairs or couches that allow you to slouch. It may feel comfortable while sitting there, but getting out of the chair can cause more damage as you strain to get out. Posture is important, but the best advice is ...

To stretch the Piriformis (which helps directly with your sciatica) lie on your back and gently pull your knee towards your opposite shoulder. Hold this as you feel a tightness not pain, hold for 6 seconds, drop your leg down and repeat 5 times. This will help ease tension quickly. For the best stretches and the best ways to stretch this area just visit back stretches

The exception to the rule of considering surgery as a last resort is in the rare case of severe neurological compromise known as "cauda equina syndrome", which may be indicated by a loss of bowel and/or bladder control, sudden severe weakness in one or both legs, and/or "saddle anaesthesia" (a loss of sensation in the lower buttocks and inner thighs). Except in the rare instance of cauda equina syndrome though, it is generally better to avoid surgery if possible.

Self help techniques can be used with all back pain as soon as it occurs. The quicker you help your self the quicker sciatica and back pain in general will disappear once and for all.

Are you one of the countless thousands of adults with sciatica? Do you wake up in the morning with back pain that ravel down your leg? Are there activities that make you sweat, as your sciatica gives you that stab in the buttocks?

So the question is... How do you relieve pressure off the Sacro-Iliac joints? Simple, you need to get a towel. A simple bath towel and fold it in half length-ways. Then roll it up so you have a cylinder shape.

After 48 hours alternate ice with heat, finishing with 10 minutes of heat. Sciatica should settle by itself within a few days, if not the final tips are most important.

The first mistake is rushing into a surgery. Although the vast majority of surgeons are not anxious to perform surgery on sciatica cases, there are a few who do recommend surgical treatment right from the start, and without even attempting any other type of treatment. Sciatica resolves in approximately 80% of cases without surgery. Even when surgery is successful initially, the development of scar tissue and abnormal mechanical stresses on the spine adjacent to the surgery often lead to future problems. Given that low back spine surgery overall has about a 50% long-term success rate and people treated surgically often wind up worse than they were prior to surgery, it should be reserved as a treatment of last resort.

Lumbar Spinal Stenosis: This is the narrowing of the spinal canal causing *sciatica* type symptoms. Disk problems and arthritis of the spine can cause this narrowing.

Miracle Tip 9: Massage - gentle massage of the tight muscles will also ease tension. You can do this at home, ask your partner to gently rub the area and even use heat as a way to help the muscles relax. However, this may not be best in the first few days. Massage can cause more inflammation as will heat, so stretching is better in the first 48 hours, then after that use massage and heat. If you know a good massage therapist, then seek their advice as they will know what level of massage you need.

Fortunately, in most cases, **sciatica** can be managed effectively simply through an awareness of potentially damaging activities and positions and through simple exercises one can do at home. Long-term pain and disability are avoidable, if one makes the necessary effort to perform the necessary exercise regimen on a regular schedule and to avoid movements, activities, and positions that can be damaging to the discs of the spine, such as incorrect bending and lifting, and poor posture (especially sitting posture). Long-term problems can be avoided by putting forth just a small amount of effort to manage sciatica on an ongoing basis over time.

The second mistake sciatica sufferers often make is returning to normal activities too quickly once symptoms improve. The vast majority of true sciatica cases are due to bulging or herniation of one or more discs in the lumbar spine, and the inflammation that typically is associated with such disc problems. In many cases, slight improvements in inflammation can result in dramatic symptom improvement. Many sciatica victims mistakenly believe they are back to normal as soon as they feel better, but the reality is that the bulging/herniated disc is far from fully healed, and too much exertion too soon can easily trigger a recurrence of symptoms - sometimes even more severe than they were to begin with. Even professional physical therapists sometimes make the mistake of pushing a patient to do too much too soon, with the result being a return or increase in sciatica symptoms.

Sacroiliitis: The joint where your hip meets your spine is called the sacroiliac joint. When your sacroiliac joint becomes inflamed it is known as sacroiliitis. Sciatica type syndromes can be felt due to inflammation caused by arthritis or traumatic injury. Anesthetic injections or anti-inflammatory medications can take away the pain.

Miracle Tip 10: Help! - Yes if pain persists seek help. Whether it is a Chiropractor, Medical Doctor, Osteopath or Physical Therapist: seek help if pain persists. The earlier you seek treatment the quicker your sciatica will heal. To help your self you can use many safe and effective techniques that ease your sciatica quickly and prevent it returning. Best of all using self help techniques; you can save time and money and use these as soon as your **sciatica** happens rather than waiting to see if it doesn't disappear.

Miracle Tip 3: Ice It - in the first 48 hours use ice. Ice helps to remove pain and any inflammation. Place ice on the area for 10 minutes only, then rest for 10 minutes and then repeat so that you have 3 sessions of ice on the area. Do this every few hours for the first day and then 3-4 times the next day. In this time most sciatica should ease and settle.

Miracle Tip 8: Pain Relief - if you need pain relief use it, whether it is an aspirin or a topical analgesic, if it eases pain then use it. Especially if it helps you sleep or do the activities you can't avoid in your day. Over use or continued use of pain relief is not good. If pain persists seek help! But if pain is less you heal faster, so don't think it is macho or strong to avoid it, if you need it use it.

Would you love to be like so many others and move around pain free? Being able to do everything you wish to do, not restricted as sciatica rules your life. Just imagine what you could do again.

Your sacrum and occiput work together. So lying on the towel and with both fists on the back of your head helps to take pressure off the joints and ease other pressures in the spine.

Some signs and symptoms of sciatica are: A cramping sensation of the thigh Shooting pains from the buttock, down the leg Tingling, or pins-and-needles sensations in the legs and thighs A burning sensation in the thigh Maneuvers such as squatting, coughing or sneezing worsen the sciatica symptoms that the patient is having. The cause of the worsened sciatica symptoms is the jerking motion adding pressure that is being placed around the nerve. I mentioned earlier that sciatica is not always caused by a herniated or slipped disk. Some other causes of Sciatica could be:

To return to total fitness and to become pain free means you need to address all the factors that cause your sciatica. You need to realign your spine, balance your pelvis, relax tight muscle and strengthen weak muscles. All simple things to do at home...

It is as simple as that. Just lie there for about 5 minutes and then get up gently and go for a few minute stroll. Easing your sciatica is easy and quick. You cannot do these types of techniques wrong and they help relieve pain quickly.

Freedom from **sciatica** pain is possible though, especially if you know why sciatica occurs and what you can do to ease your pain. Becoming completely healed, having your flexibility returned and being able to do anything you want or desire is not just a pipe dream.

The Sacro-Iliac joints are the link between your spine and your pelvis. These joints if tight create the muscles in your buttock to tighten (namely the Piriformis), they allow the pelvis to become unbalanced and then also allow distortion in the spine.

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Laser Back Surgery. Discover more information on sciatica.

Correcting these joints will help the other areas to ease somewhat. However you still need to target these areas if you want that total health and freedom from sciatica pain.

Lumbar Facet Joint Syndrome: The pain coming from the joints in your back with this particular symptom can cause Sciatica like symptoms along with pain and discomfort. Just like the knee and elbow can get inflamed and cause pain, the facet joint is like any other joint in your body and follows these same rules.

With sciatica you also need to stretch your Piriformis muscles, remove any tension off your discs and the most important thing to do is take pressure off your Sacro-Iliac joints.

Because of pain and a lack of understanding of their condition, sciatica sufferers may make some costly long-term mistakes when it comes to handling their problem.

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> - strives to give you valuable and expert advice, tips and information on your back pain issues.

Miracle Tip 5: Move It - do sit or stand for more than 20-30 minutes. Any prolonged posture builds tension in your muscles and joints. After all you are a movement based system, so move it often. With movement you improve the blood supply to the area, you also help muscles to ease their tension and keep joints moving. **Sciatica** is caused by tight muscles and joints, movement helps ease this tightness.

Miracle Tip 2: Stretch - the lower back muscles and buttock muscles tighten with sciatica. The Piriformis if tight can cause **sciatica**, but the muscles surrounding the area will also tighten when pain is present. A gentle stretch to each muscle group helps to remove tension form the area and allow your sciatica to heal faster.

To get complete and total freedom from your sciatica pain, you need to do this and also the pother techniques in the X-Pain Method. This way you will improve your flexibility, have freedom from back pain, and be able to do all the activities you wish - at home and work and return to total health and fitness.

For more information on **Sciatica** issues just visit **Sciatica** - <http://www.back-pain-advisor.com/sciatica.html>

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Then all you need to do is lie there. While you lie make two fists and place these under your head on the rounded area of the back of your skull. Why?

About the Author:

Dr. George Best has been treating people with sciatica and piriformis syndrome since 1992. To receive a free ebook on Sciatica Exercises and a video information program on understanding and managing sciatica, visit his website at <http://www.sciaticasefcare.com> .

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