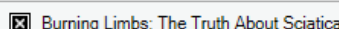


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# Burning Limbs: The Truth About Sciatica

Have you ever felt a chronic, burning pain that spreads from your lower hip running down to your foot? Is it just as painful sitting down or standing up? You might be suffering from *sciatica*.



**Alternative Sciatica Treatment** Many alternative sciatica treatments like yoga, acupuncture, acu-pressure and biofeedback therapy also exist. These alternative treatments are very effective in curing your sciatica problem.

The most common causes of *sciatica* are: a herniated disc, lumbar spinal stenosis, spondylolisthesis, trauma, piriformis syndrome, and spinal tumors. When one suffers from a herniated disc, there is an inflammation or bulging of the spinal disc causing it to protrude out of the annulus. The annulus is the space between the spine where the spinal discs are located. Disc herniation could exert pressure on the nearby nerve root causing a direct compression on sensitive nerve tissues such as the sciatic nerve. Lumbar spinal stenosis is almost the same as disc herniation in the sense that spinal nerves are pinched. In this case, though, the spinal canal shrinks, squeezing and applying too much pressure on the spinal nerve inside. The spinal nerve branches out of the spinal canal to the entire body through openings called as neural foramina. Once these passages are congested or narrowed, it causes nerve compression. If the blockage happens on these passageways, they're considered foraminal stenosis. If it occurs on the opening where the sciatic nerve passes, it may cause sciatica.

The most common causes of sciatica are: pelvic imbalance, Piriformis muscle tightness, and lower back joint disruption. Pelvic imbalance causes the Sacro-iliac joints to tighten which then allows the muscles in the buttock to go into spasm, leading to sciatica.

**Sciatica** can be simply fixed if you know how. Removing sciatica pain now is simple; stopping it returning is just as easy. You can actually lead a life without back pain ... just imagine all the activities you could do once again.

**Pinched Nerve Treatments** There are several different things that can be done in order to help with a pinched nerve. Sometimes simple bed rest can help or just relieving stress in the afflicted area is all that is needed to reduce or stop the pain.

Although pinched nerve pain is often associated with back problems, it is possible for the pain to occur in many other places in the body as well. Here are a few of the most common areas where a pinched nerve can occur along with some possible treatment options.

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**Sciatica Treatment At Home** There are many home based *sciatica* treatment too. Some of them are very effective in curing your sciatica pain quickly. For example ice treatment is very effective in controlling sciatica pain if it is used with in 48 hours of the onset of pain. Movement is also a good option in reducing pain. Doing exercises that stretch piriformis muscles are helpful in controlling sciatica pain. Balancing your pelvis region properly also helps in controlling pain. You can do this by lying down on the bed to check whether the balance is properly distributed on both sides.

Sciatica *Sciatica* is probably one of the best-known cases of a pinched nerve that occurs in the body. It is important to note that sciatica is not a condition in and of itself. It is actually a symptom of another condition in which the sciatic nerve is pinched or compressed. Since the sciatic nerve is quite long -- running through the lumbar area down the back of the thigh and towards the feet -- there is a greater chance that this nerve can experience some form of disruption. The pain associated with sciatica can range from somewhat mild to crippling and often occurs in the lower back, buttocks or hips. It may also cause tingling that can go the whole way down into the feet.

For those of us who have suffered from a pinched nerve, we realize exactly how inconvenient and painful it can be. A pinched nerve can occur at almost any part of the body where a nerve is present and may occur as a result of bone or cartilage pressing against the nerve itself.

Finally, there may be times when surgery is required in order to alleviate some of the pain of a pinched nerve. Typically surgery is done so that the bone or cartilage which is compressing the nerve can be moved out of the way. Most people view surgery as a treatment of last resort and prefer to explore non-surgical options first.

Another cause can be spondylolisthesis, or more commonly known as slipped discs. It may also cause **sciatica** when a vertebral disc moves out of place and applies direct pressure to the spinal nerve adjacent to it, usually occurring on the lumbar or the lower portion of the spine. Blunt force trauma to the lower back region may cause severe damage to the spine and may cause *sciatica* as well. Accidents or external forces that may cause bone fractures like vehicular accidents, horse riding accidents, sports injuries may all lead to sciatica as bone fragments may occasionally be the cause of the nerve compression. The piriformis syndrome occurs when the piriformis muscle spasms and compresses the sciatic nerve. In this case, the sciatic nerve running beneath the piriformis muscle may sometimes get irritated by movement of the said muscle.

**Exercise** After the reduction in pain, doctors suggest exercises and physiotherapy to avoid the recurrence of the problem. These exercises are mainly aimed at improving your mobility, rectifying your posture and in making the muscles around your lower back strong.

**Medicines** The pain can be treated with anti inflammatory non steroidal drugs combined with drugs that relax muscles. Anticonvulsant drugs and Tricyclic antidepressants are also prescribed to reduce pain. These drugs work in two ways - by blocking the sensations in reaching your brain - and by producing endorphins that naturally help reduce pain.

**Acupuncture** is a form of alternative medicine that originated from China. Fine needles are inserted into your skin in strategic points in the body to release negative energy and restore health and well-being, and treat pain and illnesses. It has been proven effective by medical practitioners. It is highly recommended as a treatment for generic lumbar pain, even for mild sciatica, as it supposedly releases tension from the spastic muscles and relieves the pressure from the compressed nerve.

There may also be times when physical therapy is prescribed by your doctor in order to help overcome the problem. DRX9000 spinal decompression therapy is also becoming a popular form of non-invasive treatment. This type of treatment addresses pinched nerve pain that is often caused by neck and back problems. The DRX9000 spinal decompression system uses a sophisticated and advanced computerized system to administer and monitor a series of oscillating motions that are designed to bring relief and healing to the areas affecting the pinched nerve. This system can often be a viable option to back surgery for relieving pinched nerve pain.

Sciatica, as the name implies, affects the sciatic nerve. The sciatic nerve is the single longest nerve in the body. It originates from the lower lumbar region of your spine, through the pelvis, through the hind portion of your leg down to your foot. It is mainly responsible for distributing blood to the back of our lower extremities.

**Common *Sciatica* Treatments** **Bed Rest** The most common **sciatica** treatment suggested by doctors is bed rest. It helps in relieving pain. However, only taking bed rest is not going to solve the problem fully. You should combine rest with physical activity that is enough to keep you active without aggravating the pain.

**Carpal Tunnel Syndrome** Another type of pinched nerve which is often found in many individuals is known as carpal tunnel syndrome. This is where the median nerve that travels through your wrist is compressed by the carpal bones. This can be found in individuals as a result of a repetitive stress injury, such as that which is found whenever an individual types frequently. This also can be extremely painful and can cause numbness in the hand and fingers.

So if you have been experiencing sharp, burning pain on your lower extremities, it is best that you consult a medical practitioner at once. You might be experiencing sciatica. But like they say, prevention is better than cure. Let's not abuse our bodies. **RESOURCE BOX:** Choose Variety of High Quality Medicines at Online Medicines Enjoyed Reading this article? More here: [Pharmacy Articles](#)

So... To stop your *sciatica* now you need to address the Piriformis muscle tightness and the lower joint issues. The pelvic imbalance needs correcting but this helps to stop your sciatica returning mainly, although it will also reduce your pain quickly.

Sciatica is back pain that then travels down your leg. I can be a "pain in the butt" to pain in your feet. The biggest fear you probably have is that it will get worse and you may end up needing surgery.

The best way to ease tension off the Piriformis muscle is to both stretch the muscle and to use Acupressure to reduce overall muscle tension. Stretching the muscle involves you lying on your back and pulling your knee towards your opposite shoulder. This stretches the Piriformis muscle; if you don't feel tightness in your buttock then you need to use a different stretch.

This is only a temporary fix for your back pain and sciatica, you still need to rebalance your pelvis (the most common cause of back pain), strengthen weak muscles, reduce muscle tension and correct all the joints not working correctly.

To help joints move more freely is just as simple, all you need to do is to press gently but firmly on the joint that is sore. You will notice if you press in some directions the pain feels a little worse - like a bruise. If you pres in this direction while you breathe in and out, your body will actually correct the joint and ease the tension around it.

Piriformis tightness is a common cause as the sciatic nerve either runs through the muscle or next to it. If the muscle tightens the sciatica nerve becomes irritated and sciatica occurs.

Sciatica can reduce your mobility and normal daily activities considerably. The duration of the pain varies according to the inherent cause and may subside in 4-8 weeks time. However, there is no need to loose hope. There are many *sciatica* treatments both clinical and home based which can help cure and manage sciatica and reduce pain.

**Steroid Based Treatments** Sometimes, the doctors also prescribe epidural or corticosteroid steroid injections to help reduce inflammation in the effected areas.

There are a lot of treatments recommended for sciatica, some non-invasive and some involving surgery. In cases of bone fragments, spinal tumor, and severe cases of slipped or herniated disc causing the sciatica, of course surgery would be required as treatment. But for some minor instances, chiropractic treatment and acupuncture is enough to relieve the pain. Chiropractic therapy may range from ice/cold therapy, ultrasound, transcutaneous electrical nerve stimulation (TENS), to spine adjustment or manipulation. These entail for the lumbar area to be exposed to cold or heat to reduce inflammation and muscle spasms.

*Sciatica* occurs due to the compression at the base of the spine. This compression leads to pain in the lower back and gluetal region of the body. This pain travels to ankle, calf, thighs and knee. Real Sciatica happens when the pain reaches the knees and the ankles. Sciatica actually is the pain that moves through the sciatic nerve - the longest nerve in your body. This nerve starts from your spinal cord to your hips and down to the leg. The pain therefore moves along this nerve and the parts of body it connects. Sciatica actually may not be problem in itself. It may have other inherent causes which are connected to the sciatic nerve like herniated disk.

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.

Another common way to treat the pain is through the use of over-the-counter pain medication or perhaps a prescription medication from your doctor. As long as the pain is not too intense, it can easily be controlled in this matter.

You do not need to rub or press hard - just like jumper cabling a battery - you are just making a connection from one point to the next. And it is as simple as that...

In fact the majority of sciatica is simply fixed. Although disc injuries cause sciatica they are not the majority of sciatica cases. They only attribute approximately 10% of *sciatica* problems.

Lastly, spinal tumors are anomalous growths on the spine that can either be benign or malignant. Rare as sciatica cases being caused by spinal tumors may be, once a tumor develops in the lumbar region, it may cause nerve compression that may trigger **sciatica**.

The second stretch is to do the same as above but hold your ankle over your opposite knee with one hand and then use the other hand to pull your knee towards that opposite shoulder. This will create a greater stretch.

The Acupressure technique is even simpler... A simple Acupressure point to reduce muscle tension is on the back of your knee. Just come in from the outside of your knee where your hamstring tendon is, the depression there is an Acupressure point for muscular tension. Simply hold this point on both knees at once and rest your hands there for at least 5 minutes. The longer you hold the point the more the tension will reduce.

**Surgery** Surgery also brings relief to patients. Surgery is performed when the pain does not subside even after rest, medications or other forms of treatment and the nerve compression leads to other problems like extreme weakness and bladder incontinence etc

This article is for informational purposes only and does not replace the advice of your personal healthcare provider. Be sure to consult with your doctor to understand your full set of treatment options and their associated risks.

About the Author:

To learn more about DRX9000 and pinched nerves visit <http://www.drx9000-spinal-decompression.com> - a popular website with information on pinched nerve pain relief using spinal decompression.

Lower back joint disruption also causes sciatica as the sciatic nerve is created by the lower joints. If these joints fail to move freely then the nerve at its source becomes irritated.

These *sciatica* treatments can help in curing and reducing your *sciatica* pain.

About the Author:

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

Tracy B. Wheeler

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