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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.



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.

And that is it in a nut shell. If you can find a product that covers all these areas, then you have found a product that will not only eliminate your sciatica, it will also stop it returning.

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 pain is that horrible pain that so many suffer from. It affects your enjoyment of life as you get that gnawing pain down your leg. You find even the simplest task hard as you can not relax without the fear of your sciatica kicking in.

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.

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.

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.

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.

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.

So what sciatica cures work and which ones don't? Now this is not going to be a witch hunt on all the products available. What this article will do is give you a set of guidelines to follow to see if the so called sciatica cure will ease your pain and most of all stop it returning. There are too many products to list, so you need to know which ones to look out for... the ones that are the miracle sciatica cure.

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.

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.

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.

Be active If you are suffering from sciatica then it will make you want to lie down and cause you not to be active at all. However, research has shown that if you are lying down or you're not active at all then the pain will just get worse. Push yourself to be active every day, even if it is just something like walking for 20 minutes or just stretching your muscles a bit. One of the best ways that will give you relief from your sciatic pain is with exercises and you will be amazed how much better you'll feel after doing a few exercises every day. However, be sure to know which ones to do as it could also cause you more harm if done incorrectly.

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

Receive a free e-book on back pain when you subscribe to our newsletter, just click here - Back Pain Adviser - <http://www.back-pain-advisor.com/back-pain-adviser.html>

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.

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.

Suffering from sciatica can be quite irritating and it is definitely something that you don't want to allow happening. Here are a few tips that will help you get relief from your sciatic pains.

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](http://www.wisdomandhealth.com/sciatica.html). You can also find products which will help you quickly make your leg pain a distant memory.

Techniques to Assess your Spine - if you can't see where the problem is coming from, you will not know how to eliminate it permanently. All so called sciatica cures need to teach you ways to assess your spine and see where problems occur.

Doctor If you want to get sciatica nerve relief, then the best thing to would be to go to your doctor and ask him or her what you should do, and why aren't your exercises working. When you go to your doctor make sure to inform him or her of all the medications you have been taking or that you have taken in the past. This may have something to do with how your body responds to your treatments you are using to get your Sciatica Nerve Relief. There is no better way to find out what could possibly be causing you not to respond to your treatments than to consult with your doctor.

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.

The essential ingredients are: Techniques to Release Muscle tension - the Piriformis muscle is the most common cause of sciatica pain. The sciatic nerve runs through the muscle and if tight it will irritate the sciatic nerve causing your sciatica. So the first essential ingredient is a technique or two to release muscle tension.

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.

Food and sleep for relief There are types of food that you can eat that will help you to get healthy a lot faster than regular foods such as peanut butter. This is a great type of food to get a spoonful of a day; it keeps you going and helps your metabolism. Any nutritious food is good for you, especially if it has vitamins in it. Also, if you want to get to feel better fast and need Sciatica Nerve Relief, sleep will usually give you a great boost there is no better Sciatica Nerve relief giver. Sciatica just makes you very tired and makes you feel unable to exercise, which is not healthy and will not help you to get any better nor fix your nerves any time sooner.

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.

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.

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.

Methods to Re-Align the Pelvis - the pelvic bones can distort. When they do this the muscles in the buttock (the Piriformis) will tighten, leading to sciatica. Pelvic distortion is also the biggest cause of lower back pain. If you fail to re-align the pelvis, long term sciatic relief will not happen.

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.

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.

Ways to Improve Lower Back Strength - there is no point just targeting the sciatic nerve unless you remove all lower back pain and the distortions there. Sciatica is caused by many factors. The lower spine and spine in general can help to cause sciatica. So you need ways to assess your spine for distortion patterns, to see if there are other factors causing your sciatica.

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.

Sciatica pain is dreadful, it drags you down, you feel frustrated from all the things you can't do. You want relief; you want to be able to move around without the fear of pain suddenly running down your leg. Sciatica is common and debilitating and it can be easily removed if the product you seek has all the right ingredients - assess, stretch, strengthen, re-align and re-balance.

## 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](http://SciaticNervePains.com)

You may have spent years searching for a cure, and still remain with sciatic pain. You may have even felt like giving up and having that surgery, in the hope that something will at least ease your sciatica pain.

Medication The medicines you take should all be prescribed to you if over the counter, if not, still ask your doctor all about the Tylenol you take. If it has to many milligrams in it or if it is too strong your doctor will let you know. When you first start seeing your new doctor you should always take your medicines with you to talk to him and let him know what you are taking. There are some medicines you may be taking that cause you to want to sleep and then there are some that will cause you to want to be lazy and when you are needing to exercise you need to be energetic and not have any involvement in medicines that will make you drowsy.

Techniques to Strengthen Muscles - just like a see-saw, if one muscle is too tight there will be others that are too weak. You need exercises (not necessarily gym exercises or lifting weights) to improve the strength of muscles. Ideally ways to improve the nerve and blood supply as this is the prime reason they weaken in the first place.

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.

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.

## About the Author:

The author has helped many people to get sciatic nerve relief. Discover how you can get rid of sciatic nerve pain by visiting [SciaticNervePains.com](http://SciaticNervePains.com)

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