

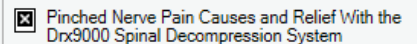
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Pinched Nerve Pain Causes and Relief With the Drx9000 Spinal Decompression System

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.



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.

Heat and Cold Packs - many people report gaining relief through the use of heat and cold packs particularly where the problem lies with increased muscle tension. Alternating between both hot and cold packs on the affected area has also been reported as a good pain reliever. The hot pack promotes blood flow and can release tensed up muscles and the cold pack helps in reducing the amount of inflammation so you are getting the best of both worlds when alternating between the two.

What is Sciatica? It is important to understand just what exactly sciatica pain is although it is often confused with other medical conditions and sometimes even used as an umbrella term for anything else that is not easily diagnosed! Sciatica is a set of symptoms rather than a diagnosis in itself. Sometimes **sciatica** pain can be confused with other serious medical conditions such as a tumour or infection so a careful diagnosis is always important. This article will outline some basic facts about **sciatica** and point to **sciatica** home remedies.

Many back pain and *sciatica* sufferers are forced to use these drugs long term, previously myself included, as most back complaints are not easily or quickly resolved. This long term use of NSAID's can have lasting effects on your health. Problems with kidneys, the liver, the intestines and the stomach lining itself are not uncommon and of course add to this the noticeable side effects like cramping, headaches and drowsiness just to mention a few.

If you have ever suffered from Sciatica or Sciatic Nerve problems you will know how uncomfortable and painful this condition can be. Sitting to eat dinner, driving the car, even sleeping can be greatly affected by sciatic pain and unlike many other joint or muscle problems it is simply not possible to isolate and immobilize the affected area until your body has had a chance to heal itself but if you follow these couple of tips you will have the best chance at keeping your sanity!

How Is Sciatica Normally Cured? Anti inflammatory drugs and surgery are solutions which may or may not cure the condition. Spinal manipulation, massage therapy and physical therapy are all possible solutions and are sometimes recommended before considering surgery.

Physiotherapy - this is something that I have not had any success with in dealing with my sciatica, however combined with the right exercises and assuming that your condition is suitable to be treated this way there is no reason not to give it a go. Many doctors see physiotherapy as the first step to easing the problem and once again the blood flow in and around the muscles and loosening of joints may be beneficial to you.

Eat Healthy - Vitamins and minerals are important for your overall health. So, try to eat as much healthy food as possible to help get rid of stress in your body and get relief from back pain.

So how do we protect ourselves against these problems while still getting the pain relief and reduced inflammation that we need? The answer is natural medicines that do the same job without jeopardizing our future health. There are many great all natural products on the market these days and for peace of mind there really is no other choice.

Back pain is caused by numerous reasons, primarily muscle imbalances from injury, diet, obesity, posture, exercise and more. Back pain treatments vary depending on the diagnosis of your pain and can vary from a passive mobilization, to drugs all the way to surgery .

Anti Inflammatory/Pain Relieving Medication - No doubt one of the most important steps to easing your sciatic pain is to reduce any inflammation of the offending area and of course to limit your pain so you can get on with life. Unfortunately this is where the use of NSAID's or non-steroidal anti inflammatory drugs is the road most doctors take. Sure, they may ease your pain and reduce inflammation but if you had any idea of the unwanted effects these drugs can have on you I'm sure you would think twice.

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.

Massage - Massage a common choice for people trying to get relief from back pain. It also acts as great stress reliever. But if you have acute back pain, do consult a skilled back pain therapist before going for a massage.

Overall, sciatica sufferers can avoid a lot of agonising back pain by maintaining a support for the back while sitting (avoiding sprawling on a couch!) and maintaining good posture, avoiding standing for long periods of time and using safe techniques for lifting heavy objects. Caring for your back should be an essential part of your daily routine. You can find out more about home remedies and an alternative cure

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.

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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.

What Causes Sciatica? Basically it is severe acute pain in the lower back or it can be constant back pain radiating from the lumbar region of the back. The pain is caused by pressure or irritation of one or more nerves exiting the lower spine that make up the sciatic nerve. There are many medical conditions that can cause this, for example, a spinal disc has moved out of its original position and can therefore irritate the nerve root in the lower back which is joined to the sciatic nerve. Pain can be acute- lasting less than a month. Chronic pain will usually last longer than six months- the percentage is between 1-5% of all lower back pain cases.

for sciatica by looking at the link below this article. About the Author: Robert Locke is an Internet Marketer specializing in Health and Fitness.

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.

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.

Sedentary lifestyle, weak back and stomach muscles are usually causes of sciatica. Obesity will put an enormous strain on the spine and therefore increase pressure on the vertebrae.

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.

Accurate Diagnosis of your condition - The first thing is to get an accurate diagnosis of why you are in pain. Often times **sciatica** is caused by muscle tension or imbalances which can directly affect the discs and vertebrae in your back which results in a irritated sciatic nerve. Other 'structural' problems with your spine can also cause this irritation and that is why an accurate diagnosis is essential for finding the best treatment.

Some natural steps for back pain relief are: **Lose Weight** - Try to stay slim. If you have excess weight on your upper body, it will overload on your back. Practicing yoga or tai chi are natural ways of back pain treatment that can also assist with weight loss.

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.

Weak muscles here will cause more pain than before and will increase the chances of injury due to sudden movement. Exercising the lower back area and postural stretching can be enormously beneficial. Careful attention needs to be paid to posture and body mechanics to get the maximum benefit from the exercises. Exercises need to be done twice a day and under supervision of a trainer or instructor.

Back pain is a major problem these days for people all over the western world. It has been estimated that at any one time 20% of the population suffer from lower back pain and that doesn't take into account all the other forms like sciatica, upper back pain, mid back pain and neck pain. It is a huge interruption in a sufferers day to day life and costs the world billions of dollars in productivity.

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.

There are various back pain relief measures both natural and pharmaceutical available. Chronic and severe back pain may require temporary medication to allow the acute back pain to settle. However if you take a natural healing approach along with the medication, you should get a better longer lasting result.

Sciatica is one type of back pain affecting a large number of people these days. It is characterized by pain in the hip and buttock region and sometime includes referred pain down the leg. This can go down one or both legs into the thigh, calf, ankle and foot. Stretching is often prescribed for back pain and sciatica but rarely provides any lasting relief .

There are certain other techniques like yoga, exercise, massage acupuncture and chiropractic that prove to be effective back pain treatments for some sufferers. Others prefer to take medication prescribed by their doctor to lessen the irritation of back pain but they are not good for health. Adopting the natural approach to get back pain relief is therefore considered to be the most sensible approach to take if you can find someone skilled enough to do the job.

Pain can be felt along all or part of the course of the sciatic nerve which runs from the lower back, through the buttock into the calf and even into the foot.

Sciatica Home Remedies What is the remedy for this condition and what can be helpful instead of going down the path to drugs and surgery? Many doctors recommend bed rest but exercise is usually much better in the long term for healing this condition. Some patients like to rest for a few days after an acute attack but if inactivity continues, this may make the pain worse. It is essential to understand that if the back muscles become weak and flabby from lack of exercise, then they will be less able to support the back.

Give your body a break! For more information on the best all natural pain relievers and anti-inflammatories please head on over to <http://back-pain-products.org> and check out the all natural Heal N Soothe. Your body will thank you for it!

Edward Wiggan

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