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Back Pain from Pregnancy, Sciatica, and Lifting

Back Pain and Pregnancy. Pregnancy is a temporary nine-month period in a woman's life that is filled with apprehension, euphoria, fear, joy and so many other emotional and physical feelings. A woman's body goes through dramatic daily changes as this new little person inside of her starts and continues to grow. Hormones are out of whack with weight gains in places that seemingly have nothing to do with being pregnant.

Back Pain from Pregnancy, Sciatica, and Lifting

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 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.

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*.

Back Pain and Sciatica Lower back pain is one of the most common maladies of the human race. The greatest majority (about 90%) of all adults regardless of race will suffer some type of back pain during their adult years. Only the common cold is responsible for more lost work days than lower back pain. Most of the time, back pain is caused by a muscle strain. Rest and over the counter medications will normally take care of it.

Using proper lifting techniques can also help to prevent the back pain that has been caused by heavy lifting. The key is simply to lift by using the muscles in your legs rather than the ones in your back. Keeping you spine straight, squat down, grip the object to be lifted, and stand up. The muscles in your legs will be doing the work, and legs muscles don't cause back pain. The muscles in the legs are much larger than the muscles in the back. They are better equipped to do the heavy lifting than the muscles in the back. Use dollies to move heavy furniture rather than your leg muscles or your back muscles. But if you must lift heavy objects, rely on the muscles in your legs.

Maintaining a good posture can help to relieve the pain of back ache. There is a tendency to arch the back in the later months of pregnancy. This arching only intensifies the back pain rather than relieving it. The straighter the backbone can be kept, the less pain there will be. A pregnant woman should never pass up the opportunity for a backrub by the baby's father. The massage really can help to provide back pain relief and the massages are comforting in many other ways as well.

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.

Although many people may feel that bed rest is the best way for treating sciatica this is simply not true. Yes resting for a day or two can help to relieve the pain felt when the sciatica flares up but after that, because a person has become inactive, they will find that the pain actually becomes much worse.

This is because without them carrying out any kind of exercise or movement the muscles in the back and their spine will lose its condition and will then find it very difficult to support the back properly. The weakening of the back could lead to injuries and this will only then increase the amount of pain that the person is feeling.

Learn more about Physical Therapy For Sciatica

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.

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.

Stretching exercises will promote healing of the sciatic nerve and help to relieve the pain associated with sciatica. A physical therapist can give instructions for appropriate stretching exercises.

If you have ever watched professional weightlifters in action, you have probably noticed that they are all wearing what appears to be a wide leather belt around their middle sections. The purpose of the weightlifter belt is to provide added support to their lumbar regions and help to prevent muscle strains that will cause pain when they are lifting weights. Home Depot requires their employees who must do heavy lifting to wear a girdle that is similar in structure to a weightlifter's belt. These belts can help, but the better solution for those who must engage in heavy lifting is to strengthen the muscles in the back and pelvic area that are used when lifting. Toned muscles are much less likely to be strained or sprained.

The back pain associated with pregnancy is caused by many things. A woman's body changes shifts here center of gravity as the baby grows. The center of gravity is continually shifting with every ounce of weight that the baby gains.

I wanted to share with you the important sciatica stretches that you can do to help get rid of back pain. There are a lot of people out there that have back problems and most of these people would describe it as the greatest pain you'll ever experience. I think it's important to understand that it isn't a sharp pain that hits you in one spot; it's a sharp pain that spreads across your back. You feel it everywhere and your back tenses up just at the anticipation of more pain to come. The good news is that you can do some easy stretches that will help relieve the pain. I'm going to share with you the important sciatica stretches that you need to do.

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.

Many or closer to most women simply accept that back pain is a part of this normal pregnancy process. But what they don't realize is that they do not have to take back pain lying down, so to speak.

The pain of sciatica usually starts in the buttocks and travels down one leg. One patient described the pain leaving by saying that it traveled down his leg and out his big toe. As the weeks progressed, the pain got lower and lower and finally only his big toe hurt. It makes perfect sense. The sciatic nerve ends at the big toe.

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.

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.

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.

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.

Back Pain Caused by Lifting Back pain caused by muscle strain or sprain can be caused by many common human activities like bending, stretching, and twisting. Heavy lifting is one of the most common causes of muscle strain or sprain of back muscles.

Exercise is actually extremely important to our spine especially in order to keep the discs within the spine healthy. By carrying out movement a person is actually enable nutrients and fluids to gain access to these discs which in turn ensures that they remain fit and healthy.

Most of the time this back pain will also resolve itself and all of the horror stories that you have heard about back surgeries just aren't true. It is very unlikely that any surgery will be required. The tendency of all those who are suffering from sciatica is to just simply quit doing things that hurt. They crawl into bed and just stay there. Nothing could be more detrimental to the healing process.

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.

Sciatica is actually a symptom of back pain, but it is one caused by a nerve getting pressure. There are a few reasons why this could happen, but spine is the most likely place it occurs. Sometimes our spinal discs will burst or just get overly deflated. This causes the vertebrae to grind together at points and this will often be on a nerve. This will send out the shock of pain. Also a tense muscle has the ability of putting pressure onto the nerve and creating this pain as well.

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.

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.

The important *sciatica* stretches that you should be doing are quite simple. The first one involves you lying on your back, pulling your knees up to your chest and hugging them. This stretches out your lower back, which doesn't usually get stretched. Another stretch is grabbing onto something above you and hanging that way. It's sort of like hanging on the monkey bars. It stretches out your torso.

People who suffer from sciatica will often feel pain in their leg which can travel from the back of their thigh up to the thigh and in some cases up to the hip or down towards the foot. For some people not only will they feel pain but they may find that their leg become numb and they will have problems in trying to either move or control their leg.

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.

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.

Many of the *sciatica* exercises you will see being presented to you by your doctor, health care provider or by websites providing information on exercises for treating this problem will focus on strengthening both the muscles in your back and abdomen. By strengthening these muscles a person is actually providing their back with more support.

Stretching exercises are especially good for treating *sciatica* as they target those muscles which are causing the pain because they have become tense (tight) and not as flexible as they should be. People who take up sciatica exercises find that it helps to strengthen and stretch the back muscles and they can recover much more quickly when they suffer a flare up of sciatica in the future. Plus it has also been found that it actually helps to prevent them from suffering future episodes of sciatica pain.

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. You can also find products which will help you quickly make your leg pain a distant memory.

The pain is generally confined to the lower back, but muscle strains can also cause pain in the upper back and the neck, as well as the shoulder. When the pain is in the buttocks area and there is pain down one leg, the problem is that the sciatic nerve is also involved. Normally, the pain is caused because there is a slipped disc. But don't panic.

However there are ways in which sciatica can be treated and certainly using sciatica exercises can be extremely effective in dealing with this particular problem.

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.

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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.

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.

There are exercises that can help to relieve the pain that this shift in the center of gravity causes. Strengthening muscles relieves pain. Search the Internet to find directions for performing these great back pain-relieving exercises.

However the actual sciatica exercises a person will use to treat the problem will depend on what the actual cause of the pain is. Plus it is important that you should know that this type of pain can be caused by some other underlying medical condition such as an infection or tumor which will need to be treated as well using the right kind of medical procedures. Ricky Lim recommends natural back pain products such as Eazol for back pain relief. Visit his site today for more back pain products.

Edward Wiggin

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