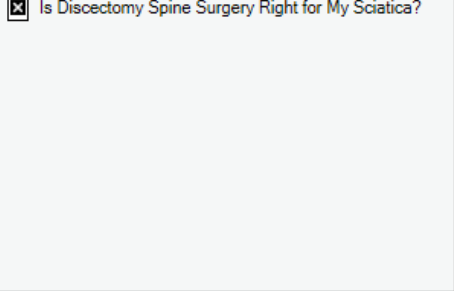


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Is Discectomy Spine Surgery Right for My Sciatica?

A discectomy is an invasive surgical procedure that removes herniated disc material that is protruding into the spinal canal and pressing upon nerve tissue. This pressure can cause numbness, weakness, tingling, or mild to severe pain in the back and leg.



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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) - <http://www.back-pain-advisor.com> - strives to give you valuable and expert advice, tips and information on your back pain issues.

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.

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 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.

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.

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Discectomy surgery is a common treatment for herniated or ruptured discs of the lumbar spine and may be used for back pain sufferers who have not responded to traditional non-surgical treatments such as anti-inflammatory medication, physical therapy, traction, spinal decompression, and epidural steroid injections.

Food addiction can be a very difficult thing to overcome; when someone who eats a lot first cuts back the body can have withdrawal symptoms from sugars and fats, often leading to depression. The extra support around for this week or two can make a world of difference.

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?

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Before being considered for either type of surgery, the doctor will typically have an imaging study performed such as an MRI (magnetic resonance imaging) or a CT (computed tomography) scan in order to help diagnose the specific cause of the problem. Discectomy and microdiscectomy procedures are normally done in a hospital under general anesthesia. In some cases discectomy can be performed in an outpatient surgical center.

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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.

Terry O'Brien

www.BackTrouble.co.UK

Recent studies by (Fishman L., Ardman C. Back Pain: How to Relieve Low Back Pain and Sciatica) explains how obese patients may incur **sciatica** and low back pain from a herniated or "slipped" disc. This type of back pain in the lumbo-sacral spine occurs when discs and other spinal structures are damaged from having to adjust to the pressure of extra weight on the back. In addition, when excessive weight is pushed into spaces between bones in the low back area, the patient can experience compressed nerves and even piriformis syndrome. (Deep Pain in Your Buttocks)

People, who are overweight, or worse obese, face many consequences, which have the ability to become a daily nightmare. For some it is their lifestyle choices, which has led them to become obese, others perhaps have gathered the extra weight through no fault of their own.

Herniated Discs Here is a simplified explanation of what happens with a ruptured or herniated disc. The disc itself is kind of like a soft jelly-filled donut. The outer wall of the disc is called the annulus fibrosus and the inner part of the disc -- the jelly part -- is called the nucleus pulposus. When the outer part of the disc becomes weakened, it can tear and allow some of the inner nucleus pulposus to leak out. When this inner jelly presses on the surrounding nerve tissue it can weakness, tingling and pain in the back and legs.

Relationships can be very difficult for obese people to enjoy when they are overweight. Sex can become awkward with couples becoming self-conscious about their bodies. The extra weight in the bedroom can make performing very difficult and excessive sweating is probably not the sexiest thing either. If they don't already have a partner it can be difficult for obese people to find a lover. The fact that they do not go out to social events as often as they should coupled with their low self esteem often results in many people giving up.

If you want to deal with your obesity problem you need to motivate yourself. But even then motivation may not be enough, outside support is mandatory. Other people helping you can make the difference between succeeding and failing; these people also often stop you from eating that extra food you should be avoiding.

Sadly one of the most common musculoskeletal symptoms experienced by an estimated 8 out of 10 people, chronic low back pain may be caused by a range of diseases (inc. obesity) and disorders affecting the lumbar spine. Low back pain is often accompanied by sciatica, a disabling pain from an entangled sciatic nerve, which is typically felt in the thighs as well as lower back and buttocks.

This article is not meant to replace the advice of your personal health care provider. Be sure to consult with your physician to explore all your back pain treatment options before taking any medical course of action.

People who are overweight carry a high risk of chronic musculoskeletal pain, specifically low back pain. As well as osteoarthritis and other degenerative conditions, a number of other pain and problems in the low back may be aggravated by obesity. Back pain frequently occurs as a result of the excess weight pulling the pelvis forward which strains the lower back. Recent research from the American Obesity Association indicate that women who are obese or who have a large waist size are especially at risk for lower back pain.

As a result, the patient can experience less pain and a quicker recovery. Not all patients are able undergo discectomies or microdiscectomies. A lot has to do with the particular nature of the patient's herniated disc.

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.

At least 80% of us will experience some form of Back Pain in our lives and more than 1 in 4 people will become clinically obese in their lifetime, don't let it be you!

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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](#)

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.

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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 from the area and allow your sciatica to heal faster.

Becoming obese is the easiest part but now you have to lose those pounds and this is the hard part. It will be a struggle at first, but you need to stay strong, the health, social and emotional benefits of the new you will be unbelievable. A life of less food and more exercise sounds scary to a lot of people but it doesn't have to be, if you make sure you have good support it will be easier to achieve this goal. Just think how good you will feel when you look into the mirror and walk down the street with your new body and new confidence.

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.

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.

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Microdiscectomy Alternative A newer, less invasive form of discectomy is also now available. This procedure is called a microdiscectomy and uses special magnifying and muscle-spreading instruments to allow the surgeon to view and operate on the herniated disc region. The surgeon can then perform the procedure through a smaller incision and cause less damage to the surrounding muscle and tissue.

In some obese patients, the spine can become tilted and suffer additional stress. Over time, this can deprive the back of proper support and an unnatural curvature of the spine may develop.

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.

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About the Author:

For more information on discectomy alternatives see [DRX9000 spinal decompression for sciatica](http://www.drx9000-spinal-decompression.com) at <http://www.drx9000-spinal-decompression.com>, a popular site with free info on the DRX9000 and other back pain treatments.

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To live this overweight and obese life can be difficult, people have to face every new day with the fear of prejudice from others making it hard to live in the world which demands perfection and looks down upon them. It's a sad reality that many people have to face, a reality, which comes at a great personal cost.

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What Happens In A Discectomy? In a traditional discectomy -- often referred to as an open discectomy -- an incision is made in the patient's back over the herniated disc region. Muscle tissue around the herniated disc is removed and a retractor may be used to keep the muscle tissue and skin out of the way which gives the surgeon better access to the surgical area. In some cases, some of the vertebrae bone -- called the lamina -- may need to be removed to allow the surgeon better access to the disc. This procedure is called a laminectomy. Once the herniated disc fragments have been removed, the muscle tissue is put back and the surgical incision is closed with sutures.

Persons self image and their self-esteem depends almost entirely on how other people perceive them, or perhaps how other people perceive them. It is very hard to totally ignore the criticism and not care about the opinions of others. With excess weight, of course, the more you weight the harder it will get. People will stare at you no matter where you go, not to mention that snickering and jokes are a real way of helping to lower your self-esteem.

Unfortunately this can often led to a self destructive circle leading people to become depressed and complacent with their weight which can lead to more weight gain. Obese people may stop going out doors, therefore they receive less exercise, which leads to weight gain, which leads to less exercise and so forth. This low self-esteem has the ability to manifest itself in a way that makes it increasingly difficult for a person to motivate himself or herself in order to make an improvement in their life.

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Edward Wiggin

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