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## Sciatica ... the incredible discovery

Is sciatica driving you crazy, are you tired of waking up in pain and not being able to do what you want to do? Does your sciatica cause so much pain that life is just not enjoyable anymore?

Don't worry... It may feel like your life is getting worse, but in reality your sciatica is curable. **Sciatica** is commonly thought to be due to disc problems - you have a disc that bulges, that puts pressure on the nerve which then radiates down your leg... sciatica. And the cure... medication and surgery are your likely options.

Imagine waking up without sciatica. Being able to do all your daily tasks without that 'real pain in the butt'. Just think of all the things you could do again.

Sciatica home treatment is easy if you know what to target, how to target the areas and how to effectively eliminate your pain. Sciatica is a common condition, but you have the tools to make it disappear quickly. It eases the quicker you do something, apply the tips above and the visit the links below and sciatica can disappear quickly. All you need to do is follow some simple tips for sciatica home treatment.

Tip 2 - Stretch your Piriformis muscle. A tight Piriformis muscle is the most common cause of sciatica, disc injuries for example only cause less than 4%. For the best stretches see the links below.

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

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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 an 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.

Wouldn't it be great if you could just make it all disappear? No more sciatica, no more back pain... There is some good news ahead .... 5 amazing sciatica home treatment tips. Follow these and your sciatica will ease and disappear quickly.

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.

Tip 3 - Balance your Pelvis. When you pelvis twists, the Piriformis muscle tightens, the lower spinal joints stiffen and sciatica occurs. Re-balance the pelvis and tension eases quickly. You can check if your pelvis is okay by lying down. Place a hand under each side of the pelvis at belt height. See if there is one side that is easier to slide your hand under. If so then you pelvis is out of balance. This is only one test, for the other 3 see the links below.

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.

Tip 1 - in the first 48 hours use ice. If you use ice in the first 48 hours, the majority of sciatica will disappear before it starts. Put ice on the area for 10 minutes, rest for 10 minutes and then repeat the process two more times. Ice is only effective for the first 48 hours, so don't delay using it. This is the first amazing tip of sciatica home treatment and one most people fail to use...

So what should you do? Your sciatica needs a collective approach. This means you need to eliminate all the causes of your sciatica, no matter how minor they may be. If you don't ... your sciatica will return. Research has also shown that when it returns - it comes back worse the second time around. So eliminate properly the first time and save your self a lot of pain and money.

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.

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.

Your sciatic nerve pain that you thought you were doomed to have forever, or at least need surgery for. Is able to be treated and treated successfully.

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!

Your attack needs to address the three main factors. If you target these then your sciatic nerve will heal. But as the saying goes... if pain persists see your doctor. Although the majority of sciatica cases are not serious, if pain persists it pays to seek help. One to rule out the serious causes and secondly if it fails to heal quickly, professional help will speed your recovery.

Do you know if you are likely to suffer from sciatica or back pain? Take this simple sciatica test and see... If you have sciatica, would you like to know which stretches are best? Learn the simple and highly effective ways to get rid of sciatica once and for all.

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.

The second area to attack is inflammation. Sure this can be accomplished by medication, but medication can have side-effects. So use natural products such as Homeopathics, herbs etc first. If they fail to remove the inflammation, then use medication. Inflammation is not a major cause of sciatica though, but should still be addressed.

But back to the three pronged attack... Firstly you need to reduce tension in the Piriformis muscle. The Piriformis is the muscle that causes most cases of sciatica. The sciatic nerve either runs through this muscle or close to it. When the muscle tightens, the sciatic nerve is irritated - you now have sciatica.

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.

In fact - research now shows that the majority of sciatica cases are not caused by disc injuries. The majority are a result of spinal misalignment, muscle tension and inflammation of the sciatic nerve.

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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.

Stretching is the ideal way to reduce muscle tension. However, the most important ingredients are not what to stretch, but when and how to stretch. There are some simple and highly effective stretches that will reduce muscle tension in days.

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.

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.

If you have your joints moving correctly, muscle low in tension and inflammation gone ... sciatica will disappear almost overnight. All these are achievable by you using techniques you can use at home. Sciatica does not need to be a pain in the butt. It can disappear simply and easily.

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.

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.

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!

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.

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.

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.

Tip 4 - Keep moving. You do not need to move fast but you need to move. If you rest and do not move at all, muscles will tighten quicker. This is why you may pain is worse in the morning after a nights sleep. Movement helps to keep the pelvis moving, the spinal joints eased and the muscles relaxed.

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Sciatica, you know that pain that runs down your leg. The pain that drives you crazy and stops you enjoying so many activities. It nags away and even makes you feel tired and grumpy.

Tip 5 - If pain persists... seek help. There are many ways to release your sciatica, most of these can be done at home and are highly effective. The big piece of advice is ... don't wait too long and never wait too late.

The final area to correct is the spinal and pelvic misalignment. When the spine and pelvis tighten the muscles in the area tighten, which then leads to your sciatica. To balance the pelvis and lower spine, you need to use techniques that re-align the spine and pelvis and maintain it. Simple ways to keep the spine moving freely and easily.

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.

Edward Wiggin

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