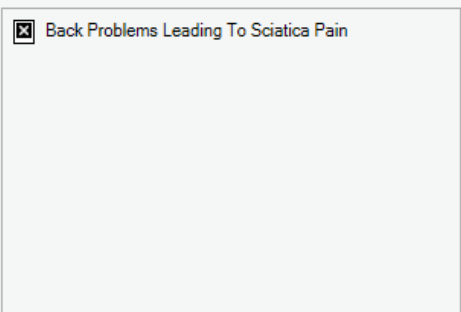


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Back Problems Leading To Sciatica Pain

Back Problems Leading To Sciatica Pain Often people ignore back and leg pains until they become severe enough to merit attention. While not all back pains or leg pains will be serious and can be treated easily, some may require extended medical treatment. If you are suffering from leg pain and possibly some numbness or weakness that starts from the low back, through the buttock and down your leg, you could be suffering from *sciatica*. Usually, large majorities of people who do experience sciatica get better in time but it is always best to get medical treatment and undergo therapy in time. What is Sciatica? Sciatica is usually the condition caused by irritation to the sciatic nerves. Sciatic Nerves are one of the largest in our bodies and start from the base of the lumbar spine. They run through either side, through the buttocks and then down the legs, going all the way to the feet. If the roots of these sciatic nerves are pinched, pain is felt not only in the back but also the buttocks and lower legs. What Are the Symptoms of Sciatica? When the *sciatica* nerve root gets compressed, pain starts affecting all the areas that the nerve runs through. The pain could be dull or even sharp at times, at times there is just a burning feeling. This is usually accompanied by some shooting pain starting in the buttock going down the leg or the back of the thigh. At times, rather than actual pain, there is just a tingling or sense of numbness. It may prove to be difficult to stand up and even coughing or sneezing aggravates the pain. What Are the Problems Causing *Sciatica* Pain? Most of the times, *sciatica* is caused by what is commonly referred to as "slipped disc". The disc in this case refers to the discs that form part of our spine and act as shock absorbers for all the heavy work that the spine has to do. When we bend or twist, the pressure on these discs increases. At times, when there is a sudden, violent twisting movement or one is carrying a very heavy load that adds tremendously to the pressure on the discs, the soft center in the discs pushes through the outer cover. This bulge then starts to press against the sciatic nerve roots nearby causing pain, numbness and a general sense of weakness in the limbs. There are other causes that could lead to irritation or compression of the sciatic nerve leading to sciatic pain. These include aging, which causes part of the spine to become rough and enlarged. At times, though very rarely, infections and tumors could be found to cause the problems. How can *Sciatica* Pain be treated? Most sciatica pain can be treated with simple painkillers or anti-inflammatory medications, followed by physical therapy and rest. Only in very severe cases, is surgery suggested as a remedy for sciatica pain. If you are suffering from lower back pain or leg pain, seek advice from your doctor and treat sciatica immediately for early relief. For more tips visit <http://www.gasmileagesecrets.org>



In order to maintain a healthy back during pregnancy, it is essential to engage in a regular exercise regimen. Exercise is essential for controlling and avoiding back pain. When your muscles are weak and inflexible, you are more likely to hurt. Regular exercise will stretch and strengthen your muscles and ligaments to better support your spine and prevent pregnancy back ache from occurring.

In addition, you will find offered self-mobilization classes in which you will be taught to eliminate stress and pain by developing mind control of the body. Another suggested cure for sciatica is routinely performing natural exercises which have been designed to not only relieve the pain from your *sciatica* problem, but will also make you a fitter person. It is a popular belief that you should routinely stretch and exercise your muscles. It has been said that muscles that have been allowed to deteriorate through inactivity, damage the sciatica and thus cause you more unwanted sciatica pain.

Back pain in pregnant women is a very common complaint. In fact, as many as 80% of pregnant women will have back pain at some time during their pregnancy. There are several types of back pain that occur among expectant mothers, but low back pain is the most common. But why does your low back hurt during pregnancy?

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.

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.

Unfortunately today many people are suffering from *sciatica* pain and there are a number of treatments available that provide relief from the condition. The effectiveness varies and relates directly to the causes. All too often relief is only short term and the misery returns.

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.

Sciatica is generally caused by a herniated or bulging disk. Your risk of low back pain during pregnancy increases if you have had back aches before becoming pregnant or during a previous pregnancy. You also have an increased risk of prenatal back pain if you are carrying twins or are overweight.

Posterior pelvic pain is often mistaken as *sciatica*. When you have *sciatica*, it causes discomfort not only in the low back, hips, buttocks, and thighs, but also in the legs. With sciatica, the leg pain is generally more severe than the spinal pain, and is accompanied by numbness, tingling, or pin-pricking sensations. This aching and numbness generally radiates all the way into the toes. Numbness may also extend to the groin and genital areas.

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.

After 48 hours alternate ice with heat, finishing with 10 minutes of heat. *Sciatica* should settle by itself within a few days, if not the final tips are most important.

Take extra care to be aware of how you bend and move. That alone can help prevent discomfort before it begins. Back pain in pregnant women can be frustrating, for sure, but you can find relief. Be sure you are getting adequate rest, nutrition, and exercise, and you will be on the way to eliminating backaches for good.

At this time all the answers are not on the table. Some turn to natural cures for sciatica that may prove only temporary relief for the sciatica nerve condition. Some people seek the help of a doctor and follow his recommendations to achieve relief from the symptoms of *sciatica*. You may wish to conduct your own personal research utilizing a variety of the methods mentioned above to determine which method will provide the most effective relief from the pain you are suffering.

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.

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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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.

Specific exercises to alleviate low back pain during pregnancy include pelvic tilt exercises, Kegel exercises, back stretches, hamstring stretches, chest stretches, and wall squats. For detailed information on how to do these stretches and exercises, you can visit http://www.pregnancymomandbaby.com/painanddiscomfort/back_exercises_for_pregnancy.html

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.

Backache can occur for a number of reasons, which can be reduced to two main issues: hormones and postural changes. During pregnancy, your body produces a veritable cocktail of hormones. Among these is a hormone called relaxin. The primary role of relaxin is to loosen the joints and ligaments in your body in order to help them stretch and widen. This allows your body to more easily make room for your baby inside of your pelvis. And, when the time comes for your baby to be born, the hormone relaxin will have helped the joints of your pelvis relax and stretch enough for your baby's shoulders to pass through your pelvic bones.

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.

Miracle Tip 4: Posture - as most of you will sit in your job, sitting straight is important. Try supporting your lower back with a cushion or Lumbar Roll to ease pressure. Avoid sitting in chairs or couches that allow you to slouch. It may feel comfortable while sitting there, but getting out of the chair can cause more damage as you strain to get out. Posture is important, but the best advice is ...

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.

This article will explore the causes of back pain during pregnancy, discuss the different types of back pain that occur, and provide information about what can be done to prevent and relieve prenatal back pain.

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.

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

Sufferers of sciatica surely pray daily for a cure to relieve the constant pain and misery caused by this common condition. Any cure is specific to determination of the cause. In the case of *sciatica* the causes appear to be numerous.

Not A Permanent Cure It remains quite frustrating that most so called cures are not cures at all. It can best be described as interim relief. Choosing inappropriately labelled cures for sciatica may well actually result in being cured permanently. Many of the so called cures that available are no more than temporary relief of pain and symptoms that result from the true cause of the condition that remains untreated.

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

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There is however a contingent of the population that believes one of the cures for sciatica is engaging in a routine of exercises that treat the mind and body. Among the most popular of such techniques you may recognize the practices of Yoga and Pilates. These are said to be beneficial not only to the ill but also the healthy among us.

If your back pain if very intense, is rhythmic and feels like menstrual cramps, or is causing numbness, you should contact your health care provider.

As you may well imagine, people constantly experiencing pain, immobility and the inability to perform normal daily functions, are quite eager to grasp at any potential solution that could relieve those symptoms. They may achieve an acceptable degree of pain relief but do nothing to treat the cause of that pain.

There are two common types of low back pain in pregnancy, lumbar pain and posterior pelvic pain. Lumbar pain is similar to the kind of back pain you may have experienced before you became pregnant. Lumbar discomfort is felt in the lower spine, at the level of, or slightly higher than, your waist. It can also result in pain that radiates to your legs.

But what does all that have to do with lower back pain? Well, unfortunately, your body is unable to isolate which ligaments and joints will stretch and loosen, and this happens on a broad scale throughout your body. As the ligaments and muscles which normally support your spine become lax, it can result in some instability in the spine, which can result in aching and discomfort.

Your center of gravity is changing. Your abdomen is shifting out and down, and your spine curves backward to try to compensate for this shift. As a result, your spinal muscles become sore and tired, and more prone to injury and strain.

In the end a true cure must treat the cause of the pain. The pain is merely a symptom. Although many causes have been identified, efforts will continue to establish better treatments that provide permanent relief and long term elimination of the cause.

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.

Lumbar discomfort can be triggered by sitting or standing for extended periods of time or by repetitive lifting. Posterior pelvic pain is low back ache that is experienced behind the pelvis, below the waist, and/or across the tailbone or sacrum. It can also be felt in the buttocks, on one or both sides, or in the back of the thighs. You may also have pubic pain. Posterior pelvic pain occurs four times more frequently than lumbar pain during pregnancy.

As your uterus expands and your baby grows, it also causes immense changes in your posture, which can result in aching. As your abdomen and uterus stretch, it puts a greater strain on your back muscles.

Posterior pelvic discomfort can be aggravated by bending, twisting, rolling, climbing stairs, and prolonged leaning forward such as occurs when you sit at a computer for extended periods of time.

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.

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Orit Cox is a Holistic Health Practitioner and massage therapist in San Diego, CA and content writer for [PregnancyMomandBaby.com](#), an information resource for pregnancy and mothers. Orit is also the author of [The Pregnancy Pain Guide](#), featured at [PregnancyPainRelief.com](#), where you can discover easy-to-implement techniques to relieve back pain from pregnancy.

Edward Wiggin

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