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Sciatica: cause and diagnosis

The nervous system of our body mostly depends on the musculoskeletal system. If any kind of displacement occurs in the joints, bones and spines, the nerves, which lie underneath, are compressed. As a result, we suffer immense pain. Moreover, due to this displacement, the vital organs of our body are affected causing disorder. However, one of the most common types of spinal displacements is slipped disc. Actually, slipped disc is caused due to the breaking down of the various circles of connective tissues that bulge out towards the spinal cord. Slipped disc can lead to different kinds of disorders in your body. However, the most common disorder is the compression of the vital nerves, which pass underneath the discs. **Sciatica** is a symptom, which is caused due to the compression of the nerve roots that give rise to the sciatic nerve. It may as well cause due to the compression or irritation of the sciatic nerve itself. The compression is caused mainly due to the slipped disc.

 Sciatica: cause and diagnosis

For more resources about slipped disc or even about [sciatica](#) please review this website <http://www.thrivechiro.com.au>

To avoid the need for ongoing usage of the oral steroids for sciatica, exercises and physical therapies are beneficial and will provide a long term rehabilitation and hopefully a cure for the herniated disc problem. At the start of the program, the physical therapist may apply some modalities like ice or heat compress or ultrasound to decrease muscle spasm.

Magnetic therapy for sciatica. Sciatica can resolve by itself but this can take many weeks or even months. You can however quite rapidly reduce the symptoms of sciatica with magnets. As with all magnetic therapy treatments, the magnets have to be placed as close to the area of pain as possible, this will be the lower (lumbar) region of the back. Even though you may have pain down your legs or in your buttocks the cause is still in the lower back. When you treat the back area and the sciatica resolves then the pain running down the leg and buttocks will also dissipate.

In addition to pain, you may also experience: ???Numbness or muscle weakness along the nerve pathway in your leg or foot. In some cases, you may have pain in one part of your leg and numbness in another. ???Tingling or a pins-and-needles feeling. This occurs most commonly in your toes or part of your foot. ???A loss of bladder or bowel control. This is a sign of cauda equina syndrome, a rare but serious condition that requires emergency care. If you experience either of these symptoms, seek medical help immediately.

The most important thing in this regard is taking absolute rest. Apart from these exercises, **sciatica** can also be cured through different kinds of therapy. One of the most common therapies is chiropractic treatment. Through this treatment, the chiropractor manipulates the different spinal cords and through the external pressure, normalizes the slipped disc. There are different diagnoses, which have been introduced these days for treating slipped disc. However, the most important thing regarding slipped disc or sciatica is prevention. If you are careful about your movement and if you exercise regularly, you can keep yourself away from these physical disorders.

Sciatica has become a common problem for the people, who are above 50 years. It is because, after 50 years, the spinal cords become very weak and even a minor injury or strain can lead to slipped disc. Apart from that, slipped disc is mainly caused to physical labor, accident or any kind of exhaustion. There are different kinds of diagnosis, which can help in the treatment of *sciatica* or slipped disc. However, the foremost thing is to undergo an x-ray examination. After examining the x-ray, the physician will ask you to resort to certain exercises, like walking on toes, exercising the spine, bending forward and backward, lying on your back, raising leg.

What are the signs and symptoms of Sciatica? Pain that radiates from your lower (lumbar) spine to your buttock and down the back of your leg is the hallmark of sciatica. You may feel the discomfort almost anywhere along the nerve pathway, but it's especially likely to follow one of these routes: ???From your lower back to your knee. ???From the mid buttock to the outside of your calf, the top of your foot and into the space between your last two toes. ???From the inside of your calf to your inner ankle and sole.

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.

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.

When magnetic therapy is used in-conjunction with deep penetrating massage and cold/ice therapy, the symptoms of **sciatica** can be resolved in just a few days. Massage will relax the muscles that have gone into spasm around the trapped nerve, the cold or ice will help reduce the inflammation and heat around the injury and both of these will prepare the tissues and muscles, so that the magnetic field can penetrate more quickly into the damaged area. Massage and ice therapy can be used 3-4 times a day for approximately 10 minutes at a time.

As the initial sciatica pain sets in, anti-inflammatory medicines may be taken to manage and decrease the pain. Possible medications are ibuprofen drugs such as Nuprin, Motrin, and Advil. COX-2 inhibitors are another option to aid in reducing the pain.

2. A Magnetic therapy pillow pad. If for any reason what so ever you cannot wear a back belt or support the only alternative is to use a pad placed under your back in bed at night. It can also be used during the day when sitting or lying down (even in the car). You will not have 24 hours 7 day a week exposure to the magnets but if you cannot wear a strap this is an acceptable alternative as long as it is used every night when the body is at its most receptive to magnetic healing.

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.

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.

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.

Debbie Shimadry is as an expert guest on magnetic therapy for BBC Radios and is also the managing director of leading magnetic therapy company worldofmagnets.co.uk. If you are interested in natural pain relief visit the magnetic article directory or the health reciprocal link exchange directory.

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.

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.

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.

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.

Conclusion The typical and often first recommended **sciatica** pain relief treatment is simply bed rest. But like any other medical conditions, herniated disc symptoms can be manifested in a lot of different ways, depending on the person and his/her lifestyle specifically related to exercise. In most serious conditions where nothing seemed to effectively work regardless of whatever techniques you applied, injections and oral steroids can be an option and should be explored. Implementing an ongoing system of physical strengthening exercises in conjunction with the steroids will see a remarkable improvement in most herniated disc conditions. Oral steroids for a herniated disc help with the pain and the swelling at the same time. If nothing is working and the pain of the herniated disc persists it may be well worth considering surgery as an option.

Oral steroids for sciatica are also administered in more severe cases. These prescriptions provide pain relief. But take note that such medications can only be used for shorter periods of time only. Oral steroids for herniated disc include Medrol Dose Pak, methylprednisolone, and Predisone.

About the Author:

Want further information on herniated discs, symptoms, treatments and **sciatica** pain relief? Please visit: <http://www.herniated-disc-advice.com> (Visitors receive FREE Ebook on herniated disc exercises)

Other non-invasive mode of treatment is the cervical traction in which, it lifts off the pressure on the nerve roots. However, this is not guaranteed to work perfectly well for everybody and is completely reliant on the health condition and age of the patient suffering from the herniated disc. This is however a reasonably simple method to implement. A home traction kit device may be conveniently used by patients who respond positively to this form of treatment, to help them cope with the pain associated with a herniated disc.

The term sciatica refers to pain that radiates along the path of this nerve, from your back into your buttock and leg. The discomfort can range from mild to incapacitating, and may be accompanied by tingling, numbness or muscle weakness. Rather than a disorder in and of itself sciatica is a symptom of another problem that puts pressure on the nerve.

The decision to undergo surgery however depends greatly on the patients decision, with the help and support of the surgeon or with the attending doctor. It is always best to exhaust all forms of **sciatica** relief treatments before deciding on surgery.

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.

Many people in the world experience sciatica in the form of lower back pain, or pain in the lower parts of the leg and the foot. Sometimes, the pain is too severe and it is accompanied by muscular weakness, difficulty in moving the legs and numbness. Moreover, the sciatica symptom is felt only in one side of the body. Some people do not understand the meaning of *sciatica* and they tend to take it as a form of diagnosis. The sciatica is caused due to the compression of the lumbar nerves or the sciatic nerves, which is caused due to the herniation of the spinal disc. The spinal discs are composed of rings of cartilage that are spongy. The discs separate the vertebra, which allows room for the roots to protrude through the vertebra and whenever you move, the roots of the nerves are compressed by the spines, causing intolerable pain. Sciatica can also be caused by tumors impinging on the spinal cord.

The pain can vary widely, from a mild ache to a sharp, burning sensation or excruciating discomfort. Sometimes it may feel like a jolt or electric shock. Sciatic pain often starts gradually and intensifies over time. It's likely to be worse when you sit, cough or sneeze. Usually only one lower extremity is affected.

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.

What is Sciatica? The longest nerve in your body, the sciatic nerve runs from your pelvis through your hip area and buttocks and down each leg. It divides into the tibial and peroneal nerves at the level of your knees. The sciatic nerve controls many of the muscles in your lower legs and provides feeling to your thighs, legs and feet.

There are really only 2 magnetic therapy devices that are effective in treating sciatica: 1 .A magnetic therapy back strap or support. The functional straps and supports can be placed directly over the area of pain. If the sciatica is very low in the back then a narrow strap will be more practical and altogether more comfortable than a wide support, as it fits snugly around the hip area and will stay over the compressed nerve. A wider support is effective if the sciatic pain is higher and nearer to the waist area. As with all magnets the straps/supports need to be worn for 24 hours and 7 days a week until the pain has gone.

Aside from the oral steroids for *sciatica*, non-surgical treatments are also widely practiced, like physical therapies and exercises, chiropractic manipulation; cervical traction; activity modification, osteopathic medicine, bracing, medications and injections. Medical professionals who can diagnose above treatments are psychiatrists, family practitioner, osteopathic physician, spine surgeons, neurosurgeons, and neurologists- do not trust the judgment of anyone else. Physical therapists and chiropractors may also administer the non-surgical treatments as mentioned in the first part of this paragraph. The oral steroids for herniated disc should only be given by a healthcare professional, and needs to be accurately assessed before commencing.

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.

The pain brought upon by sciatica is usually a cause by considerable factors like compressions on the nerve roots, and inflammation of the disc material. It is possible to gain quick relief from such anti-inflammatory medications, as they help to reduce the swelling or the inflammation, therefore, pressure on the nerve roots also will be resolved.

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.

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Edward Wiggin

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