

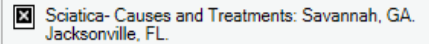
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Sciatica- Causes and Treatments: Savannah, GA. Jacksonville, FL.

Sciatica is a type of pain typically experienced around the Sciatic nerve in the back. Characterized by slow pain or sharp jabs, Sciatica can nearly paralyze a human, pain experienced in the back, from neck all the way into legs can render a person incapable of performing regular functions such as walking or even sitting. Sciatica can be diagnosed with professional help, using medical history and simple tests to find intensity and origin of the pain. In some cases, simple exercises can improve the pain management. Simple exercises, along with keeping joints flexible (especially in case of mature people), can help with daily management. Anti-inflammatory painkiller helps. Studies have shown that non treatment of Sciatica makes it stay, and in most cases, get worse. Even through the patient may feel pain while walking and sitting, staying mobile is almost always better than resting or lying down. For chronic Sciatica pain, professional help can be sought and once the root cause diagnosed, appropriate treatment can help improve and rid the problem. Surgery, if needed, can help improve and relieve the pain as well as the cause.



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.

Abdominal muscle strength does not mean spending countless hours doing sit-ups or crunches. In fact these types of exercises do little to strengthen the abdominals; they can actually target the hip flexors which if over tight help create your sciatica.

Lower back joint disruption also causes *sciatica* as the sciatic nerve is created by the lower joints. If these joints fail to move freely then the nerve at its source becomes irritated.

Sciatica can be helped and you can change your sciatica quickly. Learning to stretch and strengthen the main muscles that cause your sciatica can ease your pain quickly and remove that nagging sciatica once and for all.

The Acupressure technique is even simpler... A simple Acupressure point to reduce muscle tension is on the back of your knee. Just come in from the outside of your knee where your hamstring tendon is, the depression there is an Acupressure point for muscular tension. Simply hold this point on both knees at once and rest your hands there for at least 5 minutes. The longer you hold the point the more the tension will reduce.

So... To stop your sciatica now you need to address the Piriformis muscle tightness and the lower joint issues. The pelvic imbalance needs correcting but this helps to stop your sciatica returning mainly, although it will also reduce your pain quickly.

To help joints move more freely is just as simple, all you need to do is to press gently but firmly on the joint that is sore. You will notice if you press in some directions the pain feels a little worse - like a bruise. If you press in this direction while you breathe in and out, your body will actually correct the joint and ease the tension around it.

Just imagine being able to walk freely, enjoy life, play with your children. All without that nagging sciatica that has become a real "pain in the butt". Life would be so much easier and happier, wouldn't it?

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.

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.

In actual fact there are 3 simple exercises that can help you to remove your sciatica and help to prevent any recurrences as well. They are as follows...

What to stretch is important, how and when to stretch is essential. Especially if you want to change your **sciatica** quickly and permanently. Perfect stretching is the key!

Strengthen Your Abdominals Your abdominal muscles are the most important muscle for pelvis and lower back stability. Your sciatica is caused by irritation to the sciatic nerve. This is formed from 5 nerve roots that exit the last parts of your spine. If your abdominal muscles are stringer then these areas are more stable and able to move easier.

Sciatica can be simply fixed if you know how. Removing sciatica pain now is simple; stopping it returning is just as easy. You can actually lead a life without back pain ... just imagine all the activities you could do once again.

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.

If this is achieved your *sciatica* will disappear quickly and is easy to prevent. To stretch the hip flexors, you need to target them correctly and the most important aspect of stretching is not what to stretch, but when and how to stretch. Knowing when and how means you spend minimal time stretching with maximum gains. Easing tension can be achieved within days not weeks or months.

Piriformis Stretching The sciatic nerve either runs through or next to the Piriformis muscles. If tight the Piriformis allows *sciatica* to occur. So with all sciatica, Piriformis stretching is essential. Stretching the Piriformis is simple and the same rules apply...

The best way to ease tension off the Piriformis muscle is to both stretch the muscle and to use Acupressure to reduce overall muscle tension. Stretching the muscle involves you lying on your back and pulling your knee towards your opposite shoulder. This stretches the Piriformis muscle; if you don't feel tightness in your buttock then you need to use a different stretch.

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.

Are you one of the over 80% of adults suffering from back pain? Then you need simple, valuable and expert advice. Dr Graeme Teague is an expert in the structural field, and has been in practice since 1991 - visit The Back Pain Advisor - <http://www.back-pain-advisor.com> for valuable and expert advice, tips and information on your back pain issues.

Did you know there were 3 simple exercises that could dramatically change your **sciatica**? Yes, sciatica could actually ease and disappear and never to return. Wouldn't that be great!

In fact the majority of **sciatica** is simply fixed. Although disc injuries cause sciatica they are not the majority of sciatica cases. They only attribute approximately 10% of sciatica problems.

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.

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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.

The most common causes of sciatica are: pelvic imbalance, Piriformis muscle tightness, and lower back joint disruption. Pelvic imbalance causes the Sacroiliac joints to tighten which then allows the muscles in the buttock to go into spasm, leading to *sciatica*.

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.

This is only a temporary fix for your back pain and sciatica, you still need to rebalance your pelvis (the most common cause of back pain), strengthen weak muscles, reduce muscle tension and correct all the joints not working correctly.

Piriformis tightness is a common cause as the sciatic nerve either runs through the muscle or next to it. If the muscle tightens the sciatica nerve becomes irritated and sciatica occurs.

Abdominal strength requires a good nerve and blood supply to the abdominal muscles and then targeted exercise that increases the strength of these muscles in days. To improve your abdominals you need ideal strengthening techniques.

The 3 most important muscles to target if you suffer sciatica are the abdominal, hip flexor and Piriformis muscles. Target these and sciatica is easily controlled.

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.

Sciatica is back pain that then travels down your leg. I can be a "pain in the butt" to pain in your feet. The biggest fear you probably have is that it will get worse and you may end up needing surgery.

The second stretch is to do the same as above but hold your ankle over your opposite knee with one hand and then use the other hand to pull your knee towards that opposite shoulder. This will create a greater stretch.

Relax Your Hip Flexors The hip flexor muscle group if tight increases the curve of our lower back. This increases pressure on the sciatic nerve and allows your **sciatica** to occur. The hip flexors and abdominal muscles work together. A strong abdominal group and a balanced hip flexor group give you stability, flexibility and strength in your lower spine.

You do not need to rub or press hard - just like jumper cabling a battery - you are just making a connection from one point to the next. And it is as simple as that...

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

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Edward Wiggin

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