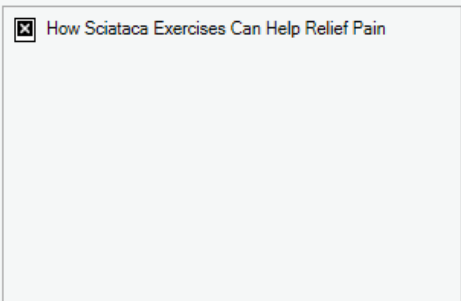


**Disclaimer: Content on this website is an advertisement**, therefore it may be biased and should not be considered an objective or independent review. Owner of this website may be compensated when you purchase a product by clicking a link on this website. The views and opinions expressed on this website are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information on this website is for educational purposes only and is not intended to replace the advice of your health care provider.

# How Sciataca Exercises Can Help Relief Pain

People who suffer from sciatica will often feel pain in their leg which can travel from the back of their thigh up to the thigh and in some cases up to the hip or down towards the foot. For some people not only will they feel pain but they may find that their leg become numb and they will have problems in trying to either move or control their leg.



## 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.

Stretching the piriformis muscle can be done several different ways. However, when your sciatic nerve is screaming, the easiest stretch involves lying on your back with your knees bent and pulling one knee at a time up towards the opposite shoulder and holding it for 5-30 seconds. You will know you are getting a good stretch when you feel a mild stretch in the buttocks near the hip.

Get professional help. It is always a good idea to seek help from a chiropractor, medical doctor, physical therapist or massage therapist when you experience pain in the low back and/or legs. Waiting too long to effectively treat a condition involving your nerves can cause problems as mild as missing time from work all the way up to irreversible nerve damage. It is wise to effectively and completely deal with any problems involving your nerves, as doing so will help prevent similar problems from rearing their ugly head again down the road.

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.

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.

Put on some relief. Topical analgesics can help alleviate some of the bite of the pain of sciatica while helping soothe the spasm in the muscles of the low back, buttocks and upper leg. Getting even temporary relief from your [sciatica](#) can help your healing process by providing you an opportunity to rest or sleep.

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.

Treatment for Sciatica:Tip D. D. Move - You need to keep moving, not too fast, but move. If you sit for too long at a time, your muscles will tighten much quicker. Have you ever noticed that your pain is worse in the morning after sleeping all night? When you are able to move, this helps your pain ease a little. This is why moving is an important treatment for sciatica.

However there are ways in which sciatica can be treated and certainly using sciatica exercises can be extremely effective in dealing with this particular problem.

Have you ever experienced a literal pain in the butt that continues all the way down your leg? Has it ever felt like someone was sticking a hot poker into your leg? If either of these scenarios is familiar to you, you've probably suffered from sciatica, a pain in the sciatic nerve. No one experiencing sciatica wants it to stick around any longer than, well, at all, so let's not delay in discovering how you can make your leg pain a distant memory.

Exercise is actually extremely important to our spine especially in order to keep the discs within the spine healthy. By carrying out movement a person is actually enable nutrients and fluids to gain access to these discs which in turn ensures that they remain fit and healthy.

Even if you end up seeking professional help to deal with sciatica, incorporating practical home care can help shorten your recovery time and get you out of pain quicker. If pain in your buttocks and legs is something that you would rather avoid than deal with again, use these tips regularly to give yourself the best chance of preventing sciatica for years to come.

Treatment for [Sciatica](#):Tip B. B. Stretching - You have a muscle called the Piriformis muscle. This muscle has the sciatic nerve running through it or along side it. By stretching this muscle you are able to ease the pain quickly.

Strengthen Muscles - If one muscle is tight and the others are weak, there is going to be an imbalance. You can do some exercises at home that will help to strengthen and improve their strength, and this in turn will increase the blood supply, which is why they are weak to begin with.

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.

Get it straight. Your posture plays an important role in the health of your spine. Sitting and standing as straight as is comfortably possible will help to reduce the effects of nerve irritation and get your nerves healing quicker and more completely. Avoid sitting in soft couches or chairs, as they will not give you the support that you need to sit well. Instead, drag a kitchen chair into the living room and spend your time sitting in a more supportive chair. Use a back support cushions in every chair you sit in; whether at work, in the car or at home to help support your back properly.

Sciatica is the Latin word for "Pain down the back of the leg" *Sciatica* is referred pain usually caused by trapping the sciatic nerve in the lower back.

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.

Stretch yourself. Relaxing the muscles in the lower back, buttocks and upper legs through stretching will help reduce the strain on the sciatic nerve and the joints throughout the lower back and pelvis. Always stretch gently and avoid any further stretching if it causes sharp pain or if it aggravates your problem.

Stretching exercises are especially good for treating [sciatica](#) as they target those muscles which are causing the pain because they have become tense (tight) and not as flexible as they should be. People who take up [sciatica](#) exercises find that it helps to strengthen and stretch the back muscles and they can recover much more quickly when they suffer a flare up of [sciatica](#) in the future. Plus it has also been found that it actually helps to prevent them from suffering future episodes of sciatica pain.

If you aren't able to get in to the chiropractor or physical therapist right away or you hope to help improve your situation at least in part on your own, here are some tips to help relieve the pain associated with sciatica.

*Sciatica* is quite simply irritation of the sciatic nerve. This can happen several different ways at a few different points in the nerve's journey from the low back to and through the leg.

Move it! While sitting in a straight-back chair is helpful in supporting your lower back and spine, be sure that you aren't sitting for any longer than 15-20 minutes at a time. Lack of movement in the joints of the spine especially can cause further damage, stiffness and muscle strain. Getting up and moving frequently, even if only to stretch or walk gently around the room will help to keep circulation fresh and facilitate a quicker recovery. Be sure that you stay well within your limits; if you are pushing yourself too hard and it is causing pain, then stop and give yourself a rest.

Get some sleep. Sleep is one of the most critical components in helping start and in maintaining a healing process. When you sleep, your body does its best work of healing and repairs the damage done throughout the day. Following any injury or during any illness, regular sleep is critical in helping your body get the upper hand.

Assess Your Spine - You need to know the problem is coming from to be able to get rid of it permanently. To use these techniques properly, you need to know where to place your focus.

I am not going to lay claim to any cures for sciatica, but I will give you some guidelines to follow in helping to relieve your pain and hopefully stop it from returning. So for now let's call them cures for sciatica, for if they can give you some relief from pain and minimise the episodes, then it is in its own way, a cure.

Chill out. Ice will be your best friend when you are suffering from sciatica. Placing a cold pack or ice pack on the lower spine, tailbone and/or buttock for 20 minutes once every 2-3 hours will help reduce swelling and also reduce pain. It is important to use ice exclusively at the onset of [sciatica](#), as it has been found to decrease the length of time needed for healing.

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.

Do seek professional help if you are in anyway concerned about your back pain.

Terry O'Brien

Back Trouble UK

To understand and defeat the beast that is sciatica, it will be helpful to understand what it is and what causes it. The sciatic nerve is the largest nerve in your body, which starts in the low back and travels all the way down your legs to the bottom of your feet. It controls nearly everything within your legs: from the large hamstring and quadriceps muscles in your upper legs to the smallest blood vessels in the bottom of your feet.

Treatment for [Sciatica](#):Tip C. C. Pelvic Balance - This is a great treatment for sciatica because the pelvis is what keeps everything in balance. If your pelvis is balanced, then the tension will ease off all the other areas. You can do this by lying down on the floor. Place your hand under each side of your pelvis where you would wear your belt. As you are doing this, notice if there is more pressure on one side or the other. If there is more pressure on one side compared to the other, then your pelvis is not balanced.

Release Muscle Tension - There is a muscle called the Piriformis muscle. This muscle is usually the culprit when it comes to your pain. The sciatic nerve runs through this muscle and if it is tight, it will irritate the nerve and therefore, pain.

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.

Go for a massage. It stands to reason that if your sciatica is due to irritation of the sciatic nerve from spasm of your piriformis, hamstring or lower back muscles, deep tissue massage can be of great benefit to you. Getting a massage or even using a massager at home that is able to get into the deeper tissues of the buttocks and low back may help relieve some or all of your sciatic pain. At the very least, it can help to reduce the stress that commonly accumulates when you are in pain.

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.

Although many people may feel that bed rest is the best way for treating sciatica this is simply not true. Yes resting for a day or two can help to relieve the pain felt when the sciatica flares up but after that, because a person has become inactive, they will find that the pain actually becomes much worse.

\*Let pain be your guide. If you are in pain, you listen to your body and stop. Do not ever let anyone tell you to push through the pain. You are the only one who knows your pain threshold.

Finding a cure for Sciatica is a challenge, have you searched without finding anything? Maybe you have and have decided to give up, but are still hoping to find some relief for the pain.

However the actual sciatica exercises a person will use to treat the problem will depend on what the actual cause of the pain is. Plus it is important that you should know that this type of pain can be caused by some other underlying medical condition such as an infection or tumor which will need to be treated as well using the right kind of medical procedures. Ricky Lim recommends natural back pain products such as Eazol for back pain relief. Visit his site today for more back pain products.

Take a break from your regular exercise routine to give your sciatic nerve a break. If you simply must exercise, try non-impact exercises of the upper body, like resistive exercise band exercise or exercise ball exercises. Swimming may be a helpful alternative to your regular routine as well.

A. Ice - In the first 48 hours, you need to use ice to help reduce the inflammation which is around the nerve. This can help to stop it from getting worse. Use the ice for 10 minutes, then off for 10 and on again for 10 minutes. Keep doing this 2 or 3 times.

Align the Pelvis - Your pelvis is the foundation, the stabiliser and when this is distorted, there can be a lot of lower back pain. Lower Back Strength - It is not going to help to work on the nerve if you have a weak back. Strengthen your back and you will help the pelvis get back into alignment and release the tension.

Many of the sciatica exercises you will see being presented to you by your doctor, health care provider or by websites providing information on exercises for treating this problem will focus on strengthening both the muscles in your back and abdomen. By strengthening these muscles a person is actually providing their back with more support.

\*So here you have it, your cures for [sciatica](#), but it does not come from a bottle, but you! In your own home exercising on your living room floor. Treatment for Sciatica:Tip A.

Frequently sciatic nerve pain is a result of the joints in your lower spine being poorly aligned and putting pressure or stretching on the nerves as they come off from your spine. This problem is called a subluxation and is diagnosed and treated by chiropractors. Sciatica can also commonly occur due to spasm of a muscle in the buttock called the piriformis muscle. The sciatic nerve passes under this muscle as it travels through the pelvis near the hip down to the back of your leg. This problem is frequently treated by physical therapists, chiropractors and massage therapists.

This is because without them carrying out any kind of exercise or movement the muscles in the back and their spine will lose its condition and will then find it very difficult to support the back properly. The weakening of the back could lead to injuries and this will only then increase the amount of pain that the person is feeling.

If after 4-5 days you choose to alternate ice and heat, keep it off from the spine and limit heat use, especially with a heating pad, to no more than 20 minutes. Avoid sleeping while applying heat, as it can cause burns and can dry out the tissues, slowing the healing process.

Give it a rest. Exercise is a great asset to getting and staying healthy, but when your sciatic nerve is unhappy, exercise will frequently flare up your problem and slow your progress. Especially if the piriformis muscle is involved, exercise which causes pounding, such as walking, running, tennis, basketball, soccer, etc., will flare the piriformis spasm and put additional strain on the spine in the lower part of the back.

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.

Drink like a fish. To drink like a fish, you need to drink what a fish drinks: water, lots and lots of water. When your body isn't hydrated properly, the tissues become tacky and adhesions form. If adhesions form, this slows the healing process and causes increased scar formation. Adhesions can form between your sciatic nerve and the surrounding tissues, causing your healing process to be incomplete and leaving you vulnerable to frequent, repeated sciatic episodes.

The better you take care of yourself, the greater health and vitality you will enjoy.

## About the Author:

Dr. Nick Preston is a chiropractor focused on helping families enjoy greater health and founder of Wisdom and Health. If you want to learn more about sciatica and find products designed to help you, check out [www.wisdomandhealth.com/sciatica.html](http://www.wisdomandhealth.com/sciatica.html). You can also find products which will help you quickly make your leg pain a distant memory.

Edward Wiggin

**Disclaimer: Content in this document is an advertisement**, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.

**Disclaimer: Content on this website is an advertisement**, therefore it may be biased and should not be considered an objective or independent review. Owner of this website may be compensated when you purchase a product by clicking a link on this website. The views and opinions expressed on this website are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information on this website is for educational purposes only and is not intended to replace the advice of your health care provider.