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Physical Therapy For Sciatica Pain Relief

Physical therapy for *sciatica* pain relief is the only real method for cheap long lasting relief from the back pain you're suffering from. There are a lot of so called "solutions", but none offer anything long term. If you don't want to have back pain, than you're going to be forking out money for constant treatment over time, and that makes me think you're paying to get someone rich, who's not really correcting the problem.

Here is a list of the most common treatments for *sciatica*: Acupuncture - A new age method of sticking needles in various places on your body. The science on this is very sketchy and it doesn't offer a long term solution. You'll have to get treatment repeatedly for the rest of your life.

Anti-inflammatory Medication - I don't really consider this a solution, but it definitely designed for sciatica pain relief. It's like the problem above; you have to pay on a regular basis just to numb the pain.

Chiropractic - Most people that go to these guys swear by them. All I know is that you're good one day and the next you could be suffering from even more pain than you had before. All I know is that it is expensive and you'll be getting treatment on a regular basis for a long time.

Surgery - This is definitely a last resort for sciatica pain relief and I wouldn't even recommend it then. You don't want to have surgery on the back, especially involving nerves. Most of the pain caused by *sciatica* is nerve irritation by the spine.

The solutions are obviously nothing long term or just right out dangerous. I think physical therapy for *sciatica* pain relief is the most important. The fact is that you can just easily do most of these things from home. Doing a few simple stretches and exercises can relax the muscle tension on your nerves, which will relieve the pain. That's all it takes.

Learn how to treat the pain with *Sciatica* Exercises.

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