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Sciatica Symptoms

Pain is the most common symptom from sciatica. Often only affecting one side of the lower body, Sciatica pain extends from the lower back, through the lower back of the thigh and down through the leg. This pain may also extend to the foot or toes depending on the location of where the sciatic nerve is being affected. Most people will describe this as a deep severe pain that is worsened with certain movements. From a mild ache to a sharp burning sensation, causing extreme discomfort, sciatica pain is never the same for any one person. The pain can be so intense and uncomfortable that at times it may feel like a jolt or an electric shock. Often starting gradually, sciatica pain intensifies over time. Most often only one lower extremity is affected. Sciatica pain can be severe and debilitating for some people, while for others the pain caused by the **sciatica** can be irritating but infrequent. With sciatica there is always potential for it to get worse. It is best to seek a professional diagnostic and follow recommended therapy for any form of sciatica, however mild it may be. In addition to pain, if you suffer from sciatica you may also experience: Muscle weakness or numbness: This will be felt along the nerve pathway in your leg or foot. You may have painful sciatica symptoms in one part of your leg, and numbness in another area making it difficult to move the leg or foot. Tingling or pins and needles feeling: This feeling is usually felt in part of your foot or in your toes. Loss of bladder or bowel control: Associated with Cauda Equina syndrome, this is a sign of this rare and serious condition that requires immediate emergency care. If you experience either of these symptoms, it is imperative that you seek emergency medical attention immediately. A few other symptoms that require no explanation are Pain in the rear or leg that worsens when you are sitting A constant pain on one side of the buttock Shooting pain making it difficult to stand up Sciatica symptoms can often be made worse with prolonged sitting or standing positions. Described by some people, the worst pain feeling like trying to stand from a low sitting position, such as standing up after sitting on a toilet seat for a duration. A hard bowel movement, coughing, sneezing, laughing or a sudden jerking motion will most often make the pain worse in most people. Often when stretching people will bend backwards to try and loosen up some muscles, this is another way some people aggravate their sciatica symptoms. I usually do not repeat myself but I am going to for this purpose. If you have progressive lower extremity weakness and or loss of bladder or bowel control, it is imperative that you seek professional medical attention for your sciatica symptoms immediately. Sciatica conditions can worsen with time. Self diagnosing is never recommended and seeking professional medical attention is always a better alternative. A well trained professional can help you bring your *sciatica* symptoms under control and help you live with a higher quality of life.

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