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Exercises For Sciatica

Before we look at a few exercises for sciatica it is important to understand what sciatica is. Often misused and not clearly defined, sciatica is not a diagnosis in itself but in actuality sciatica is a set of symptoms being caused by another medical issue, most often a slipped or herniated disk. The term sciatica refers to the pain caused when one or more of the nerves exiting the lower spine are being compressed or irritated. These nerves exiting the lower spines make up the sciatic nerve. A herniated or slipped disk is not the only medical condition that can cause sciatica but it is the most common.

Physiotherapy - this is something that I have not had any success with in dealing with my sciatica, however combined with the right exercises and assuming that your condition is suitable to be treated this way there is no reason not to give it a go. Many doctors see physiotherapy as the first step to easing the problem and once again the blood flow in and around the muscles and loosening of joints may be beneficial to you.

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Accurate Diagnosis of your condition - The first thing is to get an accurate diagnosis of why you are in pain. Often times sciatica is caused by muscle tension or imbalances which can directly affect the discs and vertebrae in your back which results in an irritated sciatic nerve. Other 'structural' problems with your spine can also cause this irritation and that is why an accurate diagnosis is essential for finding the best treatment.

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The medical term for *sciatica* is a radiculopathy, which means that a spinal disc has extended beyond its normal position and is irritating the radicular nerve (nerve root) in the lower back, which connects with the sciatic nerve. The sciatic nerve branches off as it travels down the lower extremity through the back of the leg, and thus pain can be experienced along this route. Even though it may seem counterintuitive, healing sciatica pain through exercise is better than bed rest. Resting for a day or two after the patients *sciatica* flares up is acceptable, but inactivity after this time will usually make the pain worse. Your back muscles and spinal structure become deconditioned without exercise and movement and are less able to support the back. Leading to strain and further back injury this deconditioning and weakening is the most common reason for additional back pain. If you want to have healthy spinal discs you need to make sure that you are exercising. Nutrients and fluids are exchange within discs through movement and help to keep them healthy. The focus of most sciatica exercises are on strengthening the back and abdominal muscles to provide more strength and support for your back. If you have muscles that cause pain when they are tight and inflexible, stretching exercises for *sciatica* targeted muscles is recommended. When you partake in stretching and strengthening exercises, the average patient will recover more quickly from a sciatica episode and prevent future flare ups of the pain. Because sciatic pain is not caused by the same ailments, specific sciatica exercises are recommended depending on the cause of the pain. Its just like bringing your car into the mechanic, if the muffler is the problem then rotating the wheels will most likely not fix the problem. A certified athletic trainer, physical therapist, chiropractor or spine specialist who deals with back and leg pain associated with *sciatica* may recommend a treatment program with exercise being a part of it. Making sure you are properly diagnosed before starting a specific sciatica exercise program is important because, while it is rare, sciatica pain can be caused by serious medical conditions such as a tumor or infection that require prompt medical attention. I was going to list an assortment of exercises that one could do but I don't think with what I have said in my above statement that this would be a good idea. Self diagnosis can often lead to further injury so I stick to what I wrote and recommend that before you start specific sciatica exercises you should consult one of the above recommended specialists and discuss a treatment plan with a professional.

Heat and Cold Packs - many people report gaining relief through the use of heat and cold packs particularly where the problem lies with increased muscle tension. Alternating between both hot and cold packs on the affected area has also been reported as a good pain reliever. The hot pack promotes blood flow and can release tensed up muscles and the cold pack helps in reducing the amount of inflammation so you are getting the best of both worlds when alternating between the two.

So how do we protect ourselves against these problems while still getting the pain relief and reduced inflammation that we need? The answer is natural medicines that do the same job without jeopardizing our future health. There are many great all natural products on the market these days and for peace of mind there really is no other choice.

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.

Anti Inflammatory/Pain Relieving Medication - No doubt one of the most important steps to easing your sciatic pain is to reduce any inflammation of the offending area and of course to limit your pain so you can get on with life. Unfortunately this is where the use of NSAID's or non-steroidal anti inflammatory drugs is the road most doctors take. Sure, they may ease your pain and reduce inflammation but if you had any idea of the unwanted effects these drugs can have on you I'm sure you would think twice.

If you have ever suffered from Sciatica or Sciatic Nerve problems you will know how uncomfortable and painful this condition can be. Sitting to eat dinner, driving the car, even sleeping can be greatly affected by sciatic pain and unlike many other joint or muscle problems it is simply not possible to isolate and immobilize the affected area until your body has had a chance to heal itself but if you follow these couple of tips you will have the best chance at keeping your sanity!

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Many back pain and sciatica sufferers are forced to use these drugs long term, previously myself included, as most back complaints are not easily or quickly resolved. This long term use of NSAID's can have lasting effects on your health. Problems with kidneys, the liver, the intestines and the stomach lining itself are not uncommon and of course add to this the noticeable side effects like cramping, headaches and drowsiness just to mention a few.

Give your body a break! For more information on the best all natural pain relievers and anti-inflammatories please head on over to <http://back-pain-products.org> and check out the all natural Heal N Soothe. Your body will thank you for it!

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