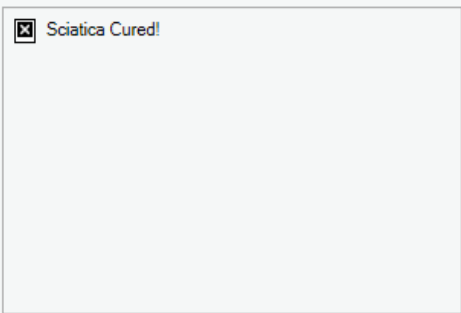


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Sciatica Cured!

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.



Let me give you some examples of what I mean: 1. If you sit on the edge of your chair with you legs separated and your feet pointing outward you are keeping your Piriformis muscle in a shortened position and that's how it gets tight and with extended sitting in that position, it gets weak from lack of use. Hence the imbalance.

If you are not sure which one of the four is causing your sciatic pain, I recommend you start with the basics. Most cases of sciatic pain are caused by muscle imbalances so if you begin to work on correcting any muscle imbalances you have, you should start to see improvement right away.

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.

Find out what's causing your sciatic pain and learn exactly which exercises and stretches you should be doing by watching our Lose the Back Pain Video. Order your copy now online at <http://www.losethebackpain.com>

1. Pressure caused by shortening and tightening of the piriformis muscle. This is almost always due to months or years of muscle imbalances in the hip rotator muscles.

In severe cases the leg may feel weak and the strength may be reduced. Often, disc bulges cause no back pain at all; the symptoms are felt only in the legs.

The disc can and does cause problems however. Sometimes the central area of the disc bulges, usually backwards and sideways. This can cause an irritation of the nerve root as it leaves the spine. Occasionally the bulge is severe enough to actually squash or trap the nerve but this is fairly rare.

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.

Why are so many people given the diagnosis of sciatica? Very often, as soon as anyone has any lower back or leg symptoms they are told that have **sciatica**. However, there are other things that can cause leg pain; a strained facet joint for example can cause pain in the buttock and thigh. But if the sciatic nerve is not irritated then it is not sciatica.

Sciatica or sciatic nerve pain is a term often used to describe all sorts of back pain. In fact, less than 5% of people who suffer from lower back pain will have **sciatica**.

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.

Learn more about the Sciatica Stretches That Work

At each vertebra the spinal cord branches out to form a nerve root, these nerve roots leave the spine via a gap between each vertebra and then bundle together to form much larger nerves.

As you can see, there is a trend here... in nearly every case, muscle imbalances are the primary cause of the pressure being placed on the sciatic nerve.

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.

3. Pressure caused by Isthmic spondylolisthesis which is simply when a vertebrae slips or moves... this can sometimes pinch the sciatic nerve but often times people who have this condition don't have any pain, symptoms, or even know they have it!

However, from a technical stand point the process really describes the development of the muscle imbalance in your hip. The Piriformis muscle is responsible for external rotation (moving your leg so your feet point outward). So over time that muscle gets tight from the positions you put your self in and weakens from lack of use.

2. Pressure caused by spinal stenosis, which is a decrease in the space between the vertebrae. This is primarily caused by uneven pressure and compression due to muscle imbalances.

Sciatic pain comes about either due to a traumatic event, muscle imbalances, or a combination of both. The event scenario is most likely the catalyst for sudden onset of sciatic pain. So what happens' when there is undue stress on the Piriformis muscle that stress causes it to go into spasm and then you have pain due to the Piriformis muscle putting pressure on the sciatic nerve.

Sciatica and Piriformis Syndrome are the same condition... it is just that the medical community is starting to call the condition by the muscle (Piriformis) that is involved and getting away from calling it by the name of the nerve that is involved (sciatic) nothing more than semantics.

Did you go see your primary care physician and get diagnosis of Sciatica only to have them refer you to an orthopedic specialist and then get a diagnosis of Piriformis Syndrome... and then be told to see a Physical Therapist and the PT tells you a little heat, ultra sound, electrical stimulation and some therapeutic exercises and we will have you good as new???

Recovery Tip: In severe cases, the sciatic pain can run from the top of the hip to the bottom of the foot. It is very important to recognize that changes and shifting of pain is often times a sign of improvement. Further more as a way of gauging recovery, take note of how far down the leg the pain goes. If the pain goes to the foot one day and then only makes it to the calf and then to the knee and then it can only make it to the hamstring that is a sign of improvement. You should feel good about those noticeable improvements and this should give you encouragement to keep working toward a full remission of pain.

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.

The term slipped disc makes it sound as if it can slip about inside. In truth the disc cant slip anywhere, it is firmly fixed at the top and at the bottom to the vertebrae above and below.

Running down through the middle of the spine is a channel called the spinal canal, its here that the spinal cord sits. The spinal cord is the main structure that passes messages from our brains to our bodies.

To learn more about muscle imbalances and how they affect your body, please read our article 'Aches, Pains, and Injuries' which you can find on our website here: <http://www.losethebackpain.com/achesandpainsarticle.html>

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

Terry O'Brien

Back Trouble UK

Sciatic pain is simply caused by pressure being placed on the sciatic nerve and there are primarily four things that can create this... you may have one or more of the following:

*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.

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.

To understand this you need to have a bit of an idea about human spine anatomy. The spine is made up of large bones called vertebra. These bones are separated from one another by spinal discs. Each vertebra overlaps the next at the back to form a joint called a facet joint.

I wanted to talk to you about **sciatica** exercises that relieve back pain. Most people would say that back pain is probably about the worst pain that you could ever experience. It's not like a paper cut that effects a tiny fraction of your body. Back pain is an electrical storm of pain that travels across your back. It's crippling in a way because any little movement could lead to it. You could be reaching into your refrigerator and you feel the sharp pains spread throughout the back. It's a rough time and being able to get easy relief is important. This is why I wanted to share with you **sciatica** exercises that relieve back pain.

First, let me tell you why today's traditional treatment methods just flat out miss the boat. The medical community is so conditioned and focused on treating only the symptoms and trying to get in as many patients a day as possible, that many people are misdiagnosed and/or mistreated.

Essentially what is happening is that there is some nerve or nerves are getting irritated. A common reason is due to your spinal discs. They're supposed to hold onto liquid and slowly compress throughout the day. If you have a burst disc or one that is too low, your vertebrae will actually grind together and most likely on a nerve. You can also experience the pain of **sciatica** when a tight muscle compresses on a nerve. The idea of the exercises is to help get the stress off the nerves and get rid of the pain.

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.

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.

An important thing to know is that many people have disc bulges and have no symptoms at all. There are some other conditions that can cause sciatic nerve pain but they are much less common. These include degenerative disc disease, severe osteoarthritis, spinal stenosis or spondylolisthesis. Fractures, tumours and infection can also cause sciatica.

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.

In the legs there are two main, large nerves, the femoral nerve at the front and the sciatic nerve at the back. The sciatic nerve passes down through the buttock area into the back of the thigh and leg.

When you have an injury to a muscle, both strength and flexibility are compromised, and if your recovery ends before strength and flexibility return, you will never be 100% and will likely struggle with the problem forever.

One last point, sciatic pain is not caused by a lack of prescription medications so don't think that taking some anti-inflammatories or muscle relaxants will fix it... it won't! Also, many people are able to eliminate sciatic pain within days just by performing a few exercises and stretches... but not general exercise... the exact corrective exercises and stretches they need to do.

If this is the path you have been down and you're tired of all the worthless treatments that just don't work, you must read this article! I guarantee you, it will likely be far different than what you have read or heard anywhere else!

In most cases, people go to physical therapy or minimize their physical activity to break the pain ' spasm cycle and in most cases your symptoms subside. However the event will also set you up for a life time of sciatic pain if the Piriformis muscle does not recover 100% in both strength and flexibility.

These are just two examples of how muscle imbalances can affect the Piriformis muscle and cause Sciatic pain. You may not be a runner or cyclist but I'll bet you have muscle imbalances that are causing your sciatic pain!

What are the symptoms of sciatica? If someone has true sciatica then they often have pain in the legs, usually in the buttock, back of the thigh or calf. There may also be pins and needles and numbness in parts of the leg.

Sciatica is caused by a sciatic nerve irritation. This is most commonly caused by a disc bulge in the lower back. What is the sciatic nerve?

2. Another example is runners and bikers who actually work very hard tend to get sciatica because they fail to keep a strength vs. stretch balance in their workouts. Hence the imbalance creates a greater pull toward external rotation and the result is a tight Piriformis and an irritated sciatic nerve creating pain.

When the nerve is irritated by the disc bulge it can become inflamed. Remember what it feels like to hit your finger with a hammer or catch it in a door for a moment. Following the nasty sharp pain you are left with a dull ache. The finger may become red and swollen; there may be some heat or warmth there. After a while, those symptoms settle and everything gets back to normal. Its very similar with the sciatic nerve. It becomes very sore and can give you a lot of pain, even though it is not actually trapped or squashed.

*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.

4. Pressure caused by a herniated or bulging disc. A herniation is when a disc protrudes out from between the vertebrae and this can either be caused by an event like a car accident, or, by months or years of uneven pressure due to muscle imbalances. It is also important to note that many people with herniated discs don't even experience pain or symptoms, and many don't know they have the condition.

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.

The other way sciatic pain creeps into your life is due to your lifestyle and habits, and that is what we like to call the process. The process can be described as a prolonged onset of symptoms based on your everyday activities...

The best way to tell if it is sciatica is to undergo a series of test that your physiotherapist or doctor can perform. These simple clinical tests will be enough to identify if the problem is an irritated sciatic nerve. Paula Fitzpatrick is a British trained physiotherapist specialising in the treatment of back pain. Visit The Lower Back Pain Toolkit for up to date, reliable information about the causes and treatment of lower back pain. Learn more about sciatica and sciatic nerve pain.

So how do you get rid of your pain? Will learning one new stretch be enough? It very well may be. However depending on the severity of your condition you may need to change your activities of daily living to include new stretches, new exercises that include the use of the hip rotators like roller-blading, basketball, tennis, etc., and even better, specific corrective exercise specific to your situation... like those covered in our video. As always, learn as much as you can about your condition, so that you can ask the tough questions to your healthcare providers and get the best care possible.

There are several self assessments you can perform to help identify which specific muscle imbalances you have and these are covered in our Lose the Back Pain Video along with step-by-step instructions on what to do to eliminate your imbalances and pain. You can learn more by visiting <http://www.losethebackpain.com>

If you're reading this article, it's a good bet that you have a radiating pain running down the back of your leg that just won't go away. If what I'm about to tell you sounds familiar, don't worry, help is on the way.

What causes sciatic nerve pain? The most common cause of sciatica is a disc bulge. The disc is a very misunderstood structure; it has been blamed for back pain ever since it was discovered. Over the years we have started to believe that the disc is a really weak and vulnerable structure.

The sciatica exercises that relieve back pain are really easy. The first one involves you laying on your back and pulling your knees up to your chest, giving them a hug. The idea here is to stretch out the lower back, which rarely ever gets a stretch. The other exercise is grabbing onto something above you and allowing it to stretch you up to your body. It's sort of like hanging from the monkey bars.

About the author:

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