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# Proper Sciatica Exercises to Reduce Sciatica Pain

Exercise plays a leading role in treating sciatica. There are many sciatica exercises. These exercises are one the best ways of treating sciatica. They specifically target the muscles in lower back, thighs and abdomen area. Though doctors advise bed rest in case of acute sciatica pain, the muscles are still weak and this again brings back pain if physically demanding activities are performed.

Proper Sciatica Exercises to Reduce Sciatica Pain

Types Of Sciatica Exercises Sciatica exercises are divided into three categories. Though their main purpose is to relieve pain, each category targets a specific aspect of reducing sciatic nerve pressure so that the pain can be reduced. The exercise which stretch the muscles are called stretching exercises. Exercises which stabilize and strengthen muscles are called stabilizing and strengthening exercises. The third category of exercises called general conditioning exercises. These exercises are stretching hamstrings, stretching of lower back, and making the core muscles strong. These exercises specifically target muscles in the torso, abdomen and back. An exercise regimen that combines the exercises from these three categories is very effective in reducing sciatica pain and in preventing it from recurring.

Sciatica is one type of back pain affecting a large number of people these days. It is characterized by pain in the hip and buttock region and sometime includes referred pain down the leg. This can go down one or both legs into the thigh, calf, ankle and foot. Stretching is often prescribed for back pain and sciatica but rarely provides any lasting relief .

There are various back pain relief measures both natural and pharmaceutical available. Chronic and severe back pain may require temporary medication to allow the acute back pain to settle. However if you take a natural healing approach along with the medication, you should get a better longer lasting result.

Eat Healthy - Vitamins and minerals are important for your overall health. So, try to eat as much healthy food as possible to help get rid of stress in your body and get relief from back pain.

Commonly the major cause can be pinned as disc herniation in the lumbar spine which presses directly on the sciatic nerve and any triggers by such a reaction for example by irritation of the nerve from adjacent bone which in turn produces the symptoms of sciatica. Besides a compressed or a pinched nerve, other causes could also be tumors, muscle, internal bleeding, infections, injury etc. thus sciatica is not really a disease by itself but rather many other dependants make it into a medical condition worthy of attention

Symptoms The most common symptom of sciatica mimics the pain of a severe leg cramp. Depending on where damage to the nerve occurs, pain may be accompanied by numbness or tingling, a burning sensation or general weakness in the leg.

Sciatica can be simply fixed if you know how. Removing sciatica pain now is simple; stopping it returning is just as easy. You can actually lead a life without back pain ... just imagine all the activities you could do once again.

Sciatica is back pain that then travels down your leg. I can be a "pain in the butt" to pain in your feet. The biggest fear you probably have is that it will get worse and you may end up needing surgery.

About the Author:

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Back pain is caused by numerous reasons, primarily muscle imbalances from injury, diet, obesity, posture, exercise and more. Back pain treatments vary depending on the diagnosis of your pain and can vary from a passive mobilization, to drugs all the way to surgery .

The most common causes of sciatica are: pelvic imbalance, Piriformis muscle tightness, and lower back joint disruption. Pelvic imbalance causes the Sacro-Iliac joints to tighten which then allows the muscles in the buttock to go into spasm, leading to sciatica.

Sciatica refers to pain that begins in the hip and buttocks and continues all the way down the leg. This condition is often accompanied by low back pain, which can be more or less severe than the leg pain. The term "sciatica" indicates that the sciatic nerve, which travels from the lower back through the buttocks and into the leg, is thought to be the cause of the pain in this condition. True sciatica is a condition that occurs when a herniated lumbar disc compresses one of the contributing roots of the sciatic nerve. This type of low back pain is less common than other causes and conditions that produce back pain.

Piriformis tightness is a common cause as the sciatic nerve either runs through the muscle or next to it. If the muscle tightens the sciatica nerve becomes irritated and sciatica occurs.

Some natural steps for back pain relief are: Lose Weight - Try to stay slim. If you have excess weight on your upper body, it will overload on your back. Practicing yoga or tai chi are natural ways of back pain treatment that can also assist with weight loss.

There are alternative forms of sciatica exercises too like Yoga. Yoga has many postures that can be used to provide relief from *sciatica* pain. All these yogic postures keep the muscles flexible and strengthen them which lead to faster healing.

Causes The sciatic nerve is commonly injured by fractures of the pelvis, gunshot wounds, or other trauma to the buttocks or thigh. Prolonged sitting or lying with pressure on the buttocks may also injure it. Systemic diseases, such as diabetes, can typically damage many different nerves, including the sciatic nerve. The sciatic nerve may also be harmed by pressure from masses such as a tumor or abscess, or by bleeding in the pelvis.

In fact the majority of sciatica is simply fixed. Although disc injuries cause sciatica they are not the majority of sciatica cases. They only attribute approximately 10% of sciatica problems.

There are certain other techniques like yoga, exercise, massage acupuncture and chiropractic that prove to be effective back pain treatments for some sufferers. Others prefer to take medication prescribed by their doctor to lessen the irritation of back pain but they are not good for health. Adopting the natural approach to get back pain relief is therefore considered to be the most sensible approach to take if you can find someone skilled enough to do the job.

The second stretch is to do the same as above but hold your ankle over your opposite knee with one hand and then use the other hand to pull your knee towards that opposite shoulder. This will create a greater stretch.

This is only a temporary fix for your back pain and sciatica, you still need to rebalance your pelvis (the most common cause of back pain), strengthen weak muscles, reduce muscle tension and correct all the joints not working correctly.

Sometimes even one form of exercise is good enough to get rid of the pain. However, finding that right exercise and doing it regularly to get rid of the pain depends on the exact cause of sciatica. Your sciatica may be due to herniated disc or it may be due to piriformis syndrome that occurs due to the contraction of piriformis muscle in the area around the hips. You can stretch these muscles slowly to reduce contraction, loosen the tight muscles and reduce pressure on sciatic nerve.

Exercises are one of the most frequently used forms of sciatica treatment. They help a great deal in strengthening the muscles in the affected areas. However, it is very important to choose the correct type of sciatica exercises based on the underlying cause of sciatica in individual cases. It is always good to exercise with care and not to exercise when the pain is acute. Otherwise you will end up aggravating your pain.

Always consult your doctor before you start on any form of exercise.

About the Author:

For more info on sciatica treatment head to: <http://www.sciaticatreatment.org> today!

So... To stop your sciatica now you need to address the Piriformis muscle tightness and the lower joint issues. The pelvic imbalance needs correcting but this helps to stop your sciatica returning mainly, although it will also reduce your pain quickly.

To help joints move more freely is just as simple, all you need to do is to press gently but firmly on the joint that is sore. You will notice if you press in some directions the pain feels a little worse - like a bruise. If you pres in this direction while you breathe in and out, your body will actually correct the joint and ease the tension around it.

Lower back joint disruption also causes sciatica as the sciatic nerve is created by the lower joints. If these joints fail to move freely then the nerve at its source becomes irritated.

The best way to ease tension off the Piriformis muscle is to both stretch the muscle and to use Acupressure to reduce overall muscle tension. Stretching the muscle involves you lying on your back and pulling your knee towards your opposite shoulder. This stretches the Piriformis muscle; if you don't feel tightness in your buttock then you need to use a different stretch.

Massage - Massage a common choice for people trying to get relief from back pain. It also acts as great stress reliever. But if you have acute back pain, do consult a skilled back pain therapist before going for a massage.

Sciatica refers to pain along the path of the sciatica nerve. It is usually caused by pressure on the sciatic nerve. Fortunately, most cases of sciatica are not serious and usually resolve within six weeks. The sciatic nerve branches off nerve roots at the lower end of the spinal cord - it's two branches run from the lower back through the each side of the pelvis, buttocks, back of leg to the foot.

Sciatic pain usually starts in the buttocks and extends down the rear of the thigh and lower leg to the sole of the foot and along the outer side of the lower leg to the top of the foot. Pain may also be present in the lower back.

You do not need to rub or press hard - just like jumper cabling a battery - you are just making a connection from one point to the next. And it is as simple as that...

Benefits Of Sciatica Exercises These specifically targeted exercise work because they work on the muscles that are crucial for supporting the back and reducing the pressure that affects sciatic nerve. These exercises lead to increased blood circulation. This results in healthy and supple spine and increased supply of oxygen and other vital nutrients to spine.

The Acupressure technique is even simpler... A simple Acupressure point to reduce muscle tension is on the back of your knee. Just come in from the outside of your knee where your hamstring tendon is, the depression there is an Acupressure point for muscular tension. Simply hold this point on both knees at once and rest your hands there for at least 5 minutes. The longer you hold the point the more the tension will reduce.

Symptoms can vary from extreme pain in the low back radiating into one buttock and down the leg. Pain often increases on exertion or bending forward. Alternatively, there may only be a mild sensation in the leg or buttock. There may be numbness in the area, weakness in the leg and diminution of the reflexes. Pain may be triggered by coughing or straining and can be so severe that the lower back becomes locked in sideways bending position (scoliosis) caused by a strong contraction.

Are you one of the over 80% of adults suffering from back pain? Then you need simple, valuable and expert advice. Dr Graeme Teague is an expert in the structural field, and has been in practice since 1991 - visit The Back Pain Advisor - <http://www.back-pain-advisor.com> for valuable and expert advice, tips and information on your back pain issues.

There are exercises which target these areas to relieve pain. In case of substantial sciatica pain, doctors only recommend exercises that are mild in nature and do not cause discomfort. Lying prone, trying to touch the chest with both knees and pelvic tilt are the most common exercises that are suggested at this stage. You can lie on your stomach with a pillow for supporting you hips. Pelvic tilt requires that you lie down on your back, bend your knees to contract the abdominal muscles.

Back pain is a major problem these days for people all over the western world. It has been estimated that at any one time 20% of the population suffer from lower back pain and that doesn't take into account all the other forms like sciatica, upper back pain, mid back pain and neck pain. It is a huge interruption in a sufferers day to day life and costs the world billions of dollars in productivity.

Sign up for free professional back pain advice at The X-Pain Method and say goodbye to pain forever. - <http://www.back-pain-advisor.com/help>

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