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# What Is Sciatica

**Sciatica** is not a specific disease, instead it is a condition characteristic of several different diseases. Simply put, it is a mild to intense pain in the left or right leg. Sciatica is caused by a compression of one or more of the five sets of nerve roots in the lower back. These compressions are typically caused by a disc rupture or bone spur in the lumbar spine. It causes pain, numbness, tingling, and weakness in the arms or legs. This is referred to as radiculopathy. If the nerve root causing the problem is in the neck it is called cervical radiculopathy. Sciatica is called a lumbar radiculopathy since it occurs in the lower back.

 What Is Sciatica

Relationships can be very difficult for obese people to enjoy when they are overweight. Sex can become awkward with couples becoming self-conscious about their bodies. The extra weight in the bedroom can make performing very difficult and excessive sweating is probably not the sexiest thing either. If they don't already have a partner it can be difficult for obese people to find a lover. The fact that they do not go out to social events as often as they should coupled with their low self esteem often results in many people giving up.

Another cause of sciatica is trauma caused by accidents. The impact may injure nerves or cause fragments of bone to compress the nerves (lumbar or sacral spinal nerve roots)

There is one type of spinal stenosis that exists where individuals are born with a narrow spinal canal. In people that have this condition even minor structural changes to the spine can cause severe spinal stenosis.

I wanted to take the time to share with you a few sciatica stretches and information that you can use to help you. *Sciatica* is actually a symptom of back pain, but often people will refer directly to the symptom. Back pain is a nightmare for those people that have it. It affects everything you do because your back is central in that movement. You can roll over in bed and be caught with sharp pain. You could lean into the refrigerator to grab something and you'll have sharp pains go up your spine. It's really a horrible thing to have to live with. I'm going to talk to you about sciatica stretches and information.

Backache can occur for a number of reasons, which can be reduced to two main issues: hormones and postural changes. During pregnancy, your body produces a veritable cocktail of hormones. Among these is a hormone called relaxin. The primary role of relaxin is to loosen the joints and ligaments in your body in order to help them stretch and widen. This allows your body to more easily make room for your baby inside of your pelvis. And, when the time comes for your baby to be born, the hormone relaxin will have helped the joints of your pelvis relax and stretch enough for your baby's shoulders to pass through your pelvic bones.

If you think you may be suffering from sciatica, be sure and contact your physician to get a proper diagnosis! Liana Mirkin is the IT Director for Spina Systems International, Inc., a company which specializes in distributing the

People, who are overweight, or worse obese, face many consequences, which have the ability to become a daily nightmare. For some it is their lifestyle choices, which has led them to become obese, others perhaps have gathered the extra weight through no fault of their own.

A lot of people don't understand what is happening, but it's really quite simple. There is some sort of nerve being pinched in some manner. This could be happening from a spinal disc compressing too far and a nerve gets pinched. It can also happen from a tight back muscle that literally strains a nerve to the point of pain. Essentially some nerve, for whatever reason, is getting too much pressure on it and you end up with sciatica.

About the Author:

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Posterior pelvic pain is often mistaken as sciatica. When you have sciatica, it causes discomfort not only in the low back, hips, buttocks, and thighs, but also in the legs. With sciatica, the leg pain is generally more severe than the spinal pain, and is accompanied by numbness, tingling, or pin-pricking sensations. This aching and numbness generally radiates all the way into the toes. Numbness may also extend to the groin and genital areas.

Lumbar discomfort can be triggered by sitting or standing for extended periods of time or by repetitive lifting. Posterior pelvic pain is low back ache that is experienced behind the pelvis, below the waist, and/or across the tailbone or sacrum. It can also be felt in the buttocks, on one or both sides, or in the back of the thighs. You may also have pubic pain. Posterior pelvic pain occurs four times more frequently than lumbar pain during pregnancy.

In order to maintain a healthy back during pregnancy, it is essential to engage in a regular exercise regimen.?? Exercise is essential for controlling and avoiding back pain.?? When your muscles are weak and inflexible, you are more likely to hurt.?? Regular exercise will stretch and strengthen your muscles and ligaments to better support your spine and prevent pregnancy back ache from occurring.

The sciatica stretches and information I want to share with you are great. The best one you can do is lying on your back and pulling your knees up to your chest. The point of this is to stretch out the lower back and should take the pressure off the nerves. Another stretch is grabbing onto something above your head and allowing your legs to go weak. This forces the back to stretch out and takes a lot of tension off of it.

Specific exercises to alleviate low back pain during pregnancy include pelvic tilt exercises, Kegel exercises, back stretches, hamstring stretches, chest stretches, and wall squats.?? For detailed information on how to do these stretches and exercises, you can visit [http://www.pregnancymomandbaby.com/painanddiscomfort/back\\_exercises\\_for\\_pregnancy.html](http://www.pregnancymomandbaby.com/painanddiscomfort/back_exercises_for_pregnancy.html)

Spinal stenosis related to age is the more commonly acquired form. This form of the stenosis condition may cause various spinal components to sag or bulge from arthritis. Discs, joints, and ligaments can be affected. These changes, which occur with age, can have the effect of narrowing the spinal canal and thus trigger spinal stenosis pain.

Food addiction can be a very difficult thing to overcome; when someone who eats a lot first cuts back the body can have withdrawal symptoms from sugars and fats, often leading to depression. The extra support around for this week or two can make a world of difference.

People who are overweight carry a high risk of chronic musculoskeletal pain, specifically low back pain. As well as osteoarthritis and other degenerative conditions, a number of other pain and problems in the low back may be aggravated by obesity. Back pain frequently occurs as a result of the excess weight pulling the pelvis forward which strains the lower back. Recent research from the American Obesity Association indicate that women who are obese or who have a large waist size are especially at risk for lower back pain.

There are two common types of low back pain in pregnancy, lumbar pain and posterior pelvic pain. Lumbar pain is similar to the kind of back pain you may have experienced before you became pregnant. Lumbar discomfort is felt in the lower spine, at the level of, or slightly higher than, your waist. It can also result in pain that radiates to your legs.

Spinal Tumors Spinal tumors can be benign or malignant, but are fairly rare. They cause sciatica due to pressure on the disc. Trauma

This article will explore the causes of back pain during pregnancy, discuss the different types of back pain that occur, and provide information about what can be done to prevent and relieve prenatal back pain.

If your back pain is very intense, is rhythmic and feels like menstrual cramps, or is causing numbness, you should contact your health care provider.

There are six typical causes of Sciatica. Spondylolisthesis Spondylolisthesis is usually found at birth, early childhood or acquired from physical trauma such as weightlifting. It is a disorder that most often affects the lumbar spine. Spondylolisthesis is characterized by one vertebra slipping forward over an adjacent vertebra. Often sciatic leg pain is caused when a nerve root compresses due to the vertebra being displaced and slipping.

Back pain in pregnant women is a very common complaint. In fact, as many as 80% of pregnant women will have back pain at some time during their pregnancy. There are several types of back pain that occur among expectant mothers, but low back pain is the most common. But why does your low back hurt during pregnancy?

Becoming obese is the easiest part but now you have to lose those pounds and this is the hard part. It will be a struggle at first, but you need to stay strong, the health, social and emotional benefits of the new you will be unbelievable. A life of less food and more exercise sounds scary to a lot of people but it doesn't have to be, if you make sure you have good support it will be easier to achieve this goal. Just think how good you will feel when you look into the mirror and walk down the street with your new body and new confidence.

Learn the Sciatica Stretches That Work

Persons self image and their self-esteem depends almost entirely on how other people perceive them, or perhaps how other people perceive them. It is very hard to totally ignore the criticism and not care about the opinions of others. With excess weight, of course, the more you weight the harder it will get. People will stare at you no matter where you go, not to mention that snickering and jokes are a real way of helping to lower your self-esteem.

Sadly one of the most common musculoskeletal symptoms experienced by an estimated 8 out of 10 people, chronic low back pain may be caused by a range of diseases (inc. obesity) and disorders affecting the lumbar spine. Low back pain is often accompanied by sciatica, a disabling pain from an entangled sciatic nerve, which is typically felt in the thighs as well as lower back and buttocks.

Posterior pelvic discomfort can be aggravated by bending, twisting, rolling, climbing stairs, and prolonged leaning forward such as occurs when you sit at a computer for extended periods of time.

Piriformis Syndrome Due to the lack of MRI or x-ray findings, it may be difficult to diagnose and treat piriformis syndrome. The piriformis muscle connects to the thighbone, assists in hip rotation and is located in the lower part of the spine. When muscle spasms develop in the piriformis muscle thereby compressing the sciatic nerve, Piriformis syndrome develops. The sciatic nerve runs beneath the piriformis muscle. Piriformis syndrome is named for the piriformis muscle and the pain caused when the muscle irritates the sciatic nerve. Lumbar Bulging or Herniated Disc

Take extra care to be aware of how you bend and move. That alone can help prevent discomfort before it begins. Back pain in pregnant women can be frustrating, for sure, but you can find relief. Be sure you are getting adequate rest, nutrition, and exercise, and you will be on the way to eliminating backaches for good.

In some obese patients, the spine can become tilted and suffer additional stress. Over time, this can deprive the back of proper support and an unnatural curvature of the spine may develop.

At least 80% of us will experience some form of Back Pain in our lives and more than 1 in 4 people will become clinically obese in their lifetime, don't let it be you!

Unfortunately this can often lead to a self destructive circle leading people to become depressed and complacent with their weight which can lead to more weight gain. Obese people may stop going out doors, therefore they receive less exercise, which leads to weight gain, which lead to less exercise and so forth. This low self-esteem has the ability to manifest itself in a way that makes it increasingly difficult for a person to motivate himself or herself in order to make an improvement in their life.

As your uterus expands and your baby grows, it also causes immense changes in your posture, which can result in aching. As your abdomen and uterus stretch, it puts a greater strain on your back muscles.

Your center of gravity is changing. Your abdomen is shifting out and down, and your spine curves backward to try to compensate for this shift. As a result, your spinal muscles become sore and tired, and more prone to injury and strain.

If you want to deal with your obesity problem you need to motivate yourself. But even then motivation may not be enough, outside support is mandatory. Other people helping you can make the difference between succeeding and failing; these people also often stop you from eating that extra food you should be avoiding.

To live this overweight and obese life can be difficult, people have to face every new day with the fear of prejudice from others making it hard to live in the world which demands perfection and looks down upon them. It's a sad reality that many people have to face, a reality, which comes at a great personal cost.

Accu-SPINA machine, which treats chronic back pain in 86%-94% of patients without surgery. You may find the website at SpinaProgram.com

Sciatica is generally caused by a herniated or bulging disk. Your risk of low back pain during pregnancy increases if you have had back aches before becoming pregnant or during a previous pregnancy. You also have an increased risk of prenatal back pain if you are carrying twins or are overweight.

Recent studies by (Fishman L., Ardman C. Back Pain: How to Relieve Low Back Pain and Sciatica) explains how obese patients may incur sciatica and low back pain from a herniated or "slipped" disc. This type of back pain in the lumbo-sacral spine occurs when discs and other spinal structures are damaged from having to adjust to the pressure of extra weight on the back. In addition, when excessive weight is pushed into spaces between bones in the low back area, the patient can experience compressed nerves and even piriformis syndrome. (Deep Pain in Your Buttocks)

When the nucleus breaks through the annulus a herniated disc occurs. It is called a 'non-contained' disc disorder. A bulging disc is also known as a contained disc disorder. This means the nucleus pulposus (gel-like center) remains 'contained' within the annulus fibrosus (tire-like outer wall) of the disc. Because a herniated disc is a 'non-contained' disc disorder, the consequences of a herniated disc are worse. Whether a disc or herniates or bulges, disc material can press against an adjacent nerve root and compress delicate nerve tissue and cause sciatica. Irritation and nerve compression cause pain and inflammation often leading to extremity tingling, muscle weakness and numbness. The disc material itself also contains an acidic, chemical irritant (hyaluronic acid) that causes nerve inflammation. The herniated nucleus causes direct compression of the nerve root against the interior of the bony spinal canal.

But what does all that have to do with lower back pain? Well, unfortunately, your body is unable to isolate which ligaments and joints will stretch and loosen, and this happens on a broad scale throughout your body. As the ligaments and muscles which normally support your spine become lax, it can result in some instability in the spine, which can result in aching and discomfort.

Lumbar Spinal Stenosis The condition of spinal stenosis results in the spinal canal narrowing. The narrowing causes pressure on the spinal cord and spinal nerves. Common in patients over the age of 50 and with causes that are not clear, spinal stenosis has two different types frequently described. A common complaint of spinal stenosis patients is leg pain which gets worse with walking. Another complaint is back pain. Sitting and bending can sometimes alleviate these pains.

Terry O'Brien

[www.BackTrouble.co.UK](http://www.BackTrouble.co.UK).

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