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# Pinched Nerve Pain Causes and Relief With the Drx9000 Spinal Decompression System

For those of us who have suffered from a pinched nerve, we realize exactly how inconvenient and painful it can be. A pinched nerve can occur at almost any part of the body where a nerve is present and may occur as a result of bone or cartilage pressing against the nerve itself.

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However there are ways in which sciatica can be treated and certainly using *sciatica* exercises can be extremely effective in dealing with this particular problem.

Sciatica Sciatica is probably one of the best-known cases of a pinched nerve that occurs in the body. It is important to note that sciatica is not a condition in and of itself. It is actually a symptom of another condition in which the sciatic nerve is pinched or compressed. Since the sciatic nerve is quite long -- running through the lumbar area down the back of the thigh and towards the feet -- there is a greater chance that this nerve can experience some form of disruption. The pain associated with *sciatica* can range from somewhat mild to crippling and often occurs in the lower back, buttocks or hips. It may also cause tingling that can go the whole way down into the feet.

Pinched Nerve Treatments There are several different things that can be done in order to help with a pinched nerve. Sometimes simple bed rest can help or just relieving stress in the afflicted area is all that is needed to reduce or stop the pain.

However the actual sciatica exercises a person will use to treat the problem will depend on what the actual cause of the pain is. Plus it is important that you should know that this type of pain can be caused by some other underlying medical condition such as an infection or tumor which will need to be treated as well using the right kind of medical procedures. Ricky Lim recommends natural back pain products such as Eazol for back pain relief. Visit his site today for more back pain products.

This is because without them carrying out any kind of exercise or movement the muscles in the back and their spine will lose its condition and will then find it very difficult to support the back properly. The weakening of the back could lead to injuries and this will only then increase the amount of pain that the person is feeling.

If pain persists for two to three months and the aforementioned treatments have not worked, surgery may be the most effective solution. Sufferers and their doctors must choose between two surgical procedures performed to relieve the pain of sciatica. These surgeries are elective and effective, relieving 75% to 95% of patients' pain.

What are the causes behind the pain of sciatica? Sciatica is usually associated with compression of the sciatic nerve due to a slipped or a herniated disc. A degenerative disc disease is a condition that is brought about by the ageing process. The sciatic nerve is sometimes pinched by the piriformis muscle that is located deep in the buttocks. Sciatic pain can also be caused by conditions that are not related with disc. Bad postures can also lead to pseudo *sciatica*, a pain that is similar to sciatica.

This article is for informational purposes only and does not replace the advice of your personal healthcare provider. Be sure to consult with your doctor to understand your full set of treatment options and their associated risks.

There may also be times when physical therapy is prescribed by your doctor in order to help overcome the problem. DRX9000 spinal decompression therapy is also becoming a popular form of non-invasive treatment. This type of treatment addresses pinched nerve pain that is often caused by neck and back problems. The DRX9000 spinal decompression system uses a sophisticated and advanced computerized system to administer and monitor a series of oscillating motions that are designed to bring relief and healing to the areas affecting the pinched nerve. This system can often be a viable option to back surgery for relieving pinched nerve pain.

Symptoms such as a disability in walking suggest nerve root compression. In cases symptoms that are severe enough to consider a surgical intervention the physical examination is mostly followed by other investigative procedures. To confirm any doubts the physician might ask for, the doctor might perform any or all of the following tests:

About the Author:

To learn more about DRX9000 and pinched nerves visit <http://www.drx9000-spinal-decompression.com> - a popular website with information on pinched nerve pain relief using spinal decompression.

Finally, there may be times when surgery is required in order to alleviate some of the pain of a pinched nerve. Typically surgery is done so that the bone or cartilage which is compressing the nerve can be moved out of the way. Most people view surgery as a treatment of last resort and prefer to explore non-surgical options first.

Diagnosing sciatica is a complex procedure. Since the pain can be indicative of other conditions as well, it is also necessary to rule out more serious conditions like infection or cancer. Sciatic is a progressive disease that can immobilize the patient to a great extent. Sciatica alternative remedies like exercises, yoga and acupuncture can be very effective to stem the progress of a highly developmental condition. On the first signs of pain in the lower back an examination by a specialist is highly recommended.

Physical examinations include the following procedures. \* The patient may be asked to lie down, face upward and the affected leg is then raised to various heights. \* The doctor may also ask the patient to rotate the hip joint. Pain caused by these movements can often help in pinpointing the location of the pain and assessing the hip muscles. \* Testing the strength of bending backward of the ankles and toes can also indicate the position where the nerve is likely to be pinched. \* Another test used by many doctors is the reflex of your ankles.

Another common way to treat the pain is through the use of over-the-counter pain medication or perhaps a prescription medication from your doctor. As long as the pain is not too intense, it can easily be controlled in this matter.

Stretching exercises are especially good for treating sciatica as they target those muscles which are causing the pain because they have become tense (tight) and not as flexible as they should be. People who take up sciatica exercises find that it helps to strengthen and stretch the back muscles and they can recover much more quickly when they suffer a flare up of sciatica in the future. Plus it has also been found that it actually helps to prevent them from suffering future episodes of *sciatica* pain.

Carpal Tunnel Syndrome Another type of pinched nerve which is often found in many individuals is known as carpal tunnel syndrome. This is where the median nerve that travels through your wrist is compressed by the carpal bones. This can be found in individuals as a result of a repetitive stress injury, such as that which is found whenever an individual types frequently. This also can be extremely painful and can cause numbness in the hand and fingers.

In most cases, medical history is able to identify patients that are likely to have a herniated disc. Sciatic pain is superficial and localized. It also gives a feeling of numbness or tingling. It aggravates when pressure is applied between discs.

Physical therapy and chiropractic care ease the painful symptoms of sciatica and work as correctives to prevent future recurrences of the condition by helping to strengthen and tone the lower back.

Although many people may feel that bed rest is the best way for treating sciatica this is simply not true. Yes resting for a day or two can help to relieve the pain felt when the sciatica flares up but after that, because a person has become inactive, they will find that the pain actually becomes much worse.

Exercise is actually extremely important to our spine especially in order to keep the discs within the spine healthy. By carrying out movement a person is actually enable nutrients and fluids to gain access to these discs which in turn ensures that they remain fit and healthy.

\* X-Rays \* Magnetic Resonance Imaging (MRI) \* Computed Tomography (CT) Scan. \* Electromyography - passing an electric current through a nerve to record the electrical waves associated with the activity of skeletal muscles. \* Myelography - X-rays done after injecting a contrast medium into the space between vertebrae.

At-home remedies such as heat and ice packs often work wonders to alleviate pain and reduce inflammation. They should be used in twenty minute intervals every couple of hours for optimum effect. Over-the-counter or prescription medications such as acetaminophen (Tylenol) may also bring sciatica pain relief. Non-steroidal anti-inflammatory drugs (NSAIDs) can be particularly helpful in reducing inflammation, but can have painful side effects.

A physical examination and the medical history of the patient are very important for diagnosing sciatica. The doctor needs to eliminate normal back pain or lumbago before proceeding for sciatic nerve treatment. There is always a possibility that a difference in lengths of the two legs may cause pain in the lower back.

People who suffer from *sciatica* will often feel pain in their leg which can travel from the back of their thigh up to the thigh and in some cases up to the hip or down towards the foot. For some people not only will they feel pain but they may find that their leg become numb and they will have problems in trying to either move or control their leg.

The intensity and duration of the pain varies with each person, and ranges from an infrequent and slightly irritating sensation to a constant, debilitating pain. It normally affects the lower back and one leg only, but pain may also extend to the feet and toes. Typical "flare-ups" last two weeks to a few months. During these episodes, sufferers have several options for sciatica pain relief.

Arthritis Pain Relief provides detailed information on Pain Relief, Arthritis Pain Relief, Back Pain Relief, Joint Pain Relief and more. Arthritis Pain Relief is affiliated with Chronic Pain Management.

If pain is severe, a patient may receive an epidural steroid injection. Steroids are injected directly into the painful area around the nerve and greatly reduce inflammation and pain. These injections are temporary and provide sciatic pain relief anywhere from one week to a year.

Many of the sciatica exercises you will see being presented to you by your doctor, health care provider or by websites providing information on exercises for treating this problem will focus on strengthening both the muscles in your back and abdomen. By strengthening these muscles a person is actually providing their back with more support.

The term "sciatica" refers to pain along a specific nerve - the sciatic nerve, which runs from your lower back down through each leg. It usually caused by a wayward vertebral disc, more commonly referred to as a pinched nerve or a herniated, ruptured, or slipped disc that has shifted from it's normal position in the vertebral column and is putting pressure on the radicular nerve (nerve root), which connects to the sciatic nerve.

Although pinched nerve pain is often associated with back problems, it is possible for the pain to occur in many other places in the body as well. Here are a few of the most common areas where a pinched nerve can occur along with some possible treatment options.

About the author:

Richard provides articles and information about herbal remedies on his site at <http://remedyguidance.com>

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