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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

What Is Sciatica?

By Samick Jack

Why do I have sciatica?

Is there successful treatments available?

Most work-related sciatica injuries are caused or aggravated by actions such as heavy lifting, vibration, repetitive motion, and awkward posture.

Sciatica usually is derived from a traumatic event, muscle disproportion, or a combination of both.

Sciatica soreness is caused by force on the sciatic nerve, normally caused by a tightening and shortening of the piriformis muscle. This is more often than not produced by a disproportion between the inner and outer hip rotator muscles.

The ordinary low back troubles and other spinal situations that can cause sciatica – pain along the sciatic nerve – include:

- 1). Lumbar Herniated Disc. A herniated disc happens when the inner core of the disc breaks through the fibrous outer core of the disc and the bulge places force on the nearby nerve root as it exits the spine. In general, it is said that a sudden twisting movement or injury can lead to herniation and sciatica. But, most discs get worse due to recurring stress and then herniation. A herniated disc is usually referred to as a slipped, ruptured, bulging, or protruding disc...or a pinched nerve.
- 2). Lumbar Spinal Stenosis. This usually causes sciatica due to a tightening of the spinal canal. It typically results from a grouping of one or more of the following: enlarged facet joints, overgrowth of soft tissue and a bulging disc placing force on the nerve roots as they exit the spine.
- 3). Isthmic Spondylolisthesis. This condition rarely causes back pain or sciatica pain. Caused by a combination of disc space collapse, the fracture, and the vertebral body slipping ahead, the L5 nerve can get pinched as it exits the spine.

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4). Piriformis Syndrome. The sciatic nerve can also get aggravated as it runs under the piriformis muscle in the rear. If the piriformis muscle irritates or pinches a root that includes the sciatic nerve, it can cause sciatica–type pain. The most familiar source of sciatic pain and is made when pressure is placed on the sciatic nerve by the piriformis muscle.

5). Sacroiliac Joint Dysfunction. Irritation of the sacroiliac joint at the bottom of the spine can also aggravate the L5 nerve, which lies on top of it, and cause sciatica–type pain. This is radiculopathy, but the pain can feel the same as sciatica caused by a nerve irritation.

If you do not know which one is the culprit, I would start with the fundamentals. Sciatic nerve pain are usually caused by muscle disproportions you have, you should start to see progress right away...and your sciatic pain should subside in a few weeks or less. Sometimes even the next day or two!

There are many different methods of treatment for your sciatica pain...but...unfortunately, most of them don't work.

Many of the specialists just want to schedule another "appointment" for a later time. This is done for a reason.

You can also get prescription drugs that you get from your doctor. This is also a repeatable action. This is also done for a reason.

You might even be in such pain, that you consider very expensive back surgery.

Whatever the treatment, you should consider all of your options at hand.

Sincerely, Samick N. Jack

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<http://www.sciatica–solutions.com>

, the most valuable website on the internet for sciatica relief.

Back Pain; A New Therapy

By Margot B

Back Pain; A New Therapy by Margot B

What Is Sciatica?

A new non-surgical treatment for back pain has been given clinical trials at several teaching hospitals. These trials were done on people who had been referred to a neuro-surgical department because other, non-surgical, treatment had been ineffective.

This new therapy is 'vertebral axial decompression therapy' [VAX-D] and has been issued a new U.S. patent. VAX-D is a therapeutic table, invented by Dr. Allan Dyer, former Deputy Minister of Health, Ontario, and who is the pioneer in the heart defibrillator research.

The VAX-D table has been proven to be a reasonably effective means of decompression therapy for managing herniated and/or degenerative lumbar discs. In the research trials, the degree of significant remission of symptoms attained after 10 daily therapy sessions was 70 % – after other procedures, including physical and chiropractic treatment, had failed.

A follow-up of patients, up to 12 months, did not find any unexpected level of relapse.

VAX-D is not a cure-all for all back problems but surgery should be used for patients failing to respond to this more conservative approach.

While the majority of patients find this VAX-D procedure effective, and are able to regain a functional level of activity after 15 to 20 sessions, there are some that fail to respond. This treatment is quite safe, without complications, once abnormal conditions, i.e. fractures or congenital defects requiring other procedures, have been ruled out.

Most people with low back pain and sciatica experience relief of pain and are able to return to their usual activities after therapy. This usually consists of 18 sessions of 30 minutes each on the VAX-D Therapeutic Table.

Some more difficult cases may require ongoing VAX-D maintenance.

Patients with such conditions as tumors, fractures, severe osteoporosis or other defects are not candidates for this therapy.

This therapy is available throughout the U.S. and Canada at VAX-D clinics.
Resource: Tim Emsky, Back Centres, Inc.

Margot B is a writer on the subjects of health, environment, fashion. She writes childrens' stories, is a proofreader. Margot specializes in Web design and genealogy.

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