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# Exercises For Sciatica - What Causes Back Pain?

A lot of people don't understand what sciatica means. You can't really call it an ailment or disease, not even a diagnosis could tell you the cause of the pain. It's more like a set of symptoms.

In rare cases, sciatica can be provoked by tumours or infections. 1. Sciatica provoked by a herniated disc 2. Spinal stenosis sciatica 3. Sciatica caused by a degenerative disc disease

Herniated Discs Bulging Discs ???????? ???????????????????? Degenerative Disc Disease ???????????????????? Sciatica Syndrome ???????????????????? Spondylosis (Cervical /Lumbar/ Ankylosing)

6. Write Your Own Prescription Nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen remain the treatment of choice for *sciatica*. They can reduce any nerve inflammation caused by the pressure of a herniated disk. These medications won't cure your pain, but they will make it more tolerable.

Today, you may not have to live with that pain anymore. We at THE KERALA AYURVEDIC CARE, SCIATICA & SPINAL RESEARCH INSTITUTE, Basheerbagh, Hyderabad have successfully Treated Lower Back Pain resulting from herniated, bulging, or degenerative discs. Our Meru Chikitsa (Ayurveda Neuro Therapy) enables patients to return to more active lifestyles.

7. Hamstring stretching exercises for **sciatica** Each condition comes with a different type of exercise for it, which must be done the right way and regularly, usually two times each day.

The more you can keep active and exercise the better off you will be. Inactivity causes your muscles to get weak and therefor cause your back to get worse. Get on your feet and move around as soon as you can. If you feel pain while doing any of these exercises, stop doing them and consult a chiropractic or spine specialist.

It is pain in the butt quite literally. It can also be a pain in the hip, the thigh, the lower leg, or even the foot. In fact, the condition known as sciatica can send pain shooting anywhere in your lower body. What is causing all the commotion is the sciatic nerve, which is not one but a group of nerves bound together in a single sheath. The **sciatica** nerve runs from your lower back down each leg all the way to the foot. When it is injured, inflamed, or irritated, it can produce pain at any point or every point along its route. The most common cause of *sciatica* is a herniated disk. Disks separate the vertebrae in your spine. The result is excruciating pain. On rare occasions, sciatica can result from other health problems. Some are serious, such as diabetes, blood clots, and tumors. But others are minor. You can even get sciatic pain from sitting too long in an awkward position. So have your pain checked out before you proceed with self-care. Here are some tips that you can consider to adopt to relieve your pain.

There are 3 simple exercises for sciatica. They are 1. Lay on the floor, one leg bent and foot flat on the floor, the other leg straight. Hold your lower back flat against the floor. Raise your straight leg 8 to 10 inches off the floor keeping you lower stomach muscles tight. Hold this for about 10 seconds then lower your leg. Repeat with other leg. Remember to raise and lower you leg slowly. Try to work your way up to ten lifts a day with each leg. This will help strengthen you lower abdomen.

Exercise your stomach muscles, but that doesn't mean start doing crunches and sit ups, these will make it worse and in fact may help cause sciatica. The hip flexor, piriformis, and stomach muscles are the most important ones to strengthen if you have sciatica.

You can consult a number of specialists to help you deal with sciatica pain, including psychiatrists, chiropractors, athletic trainers, physiotherapists or others that deal with lower body and back problems. You should always exercise under the supervision of a professional, to make sure you're doing it right. The exercises depend on the cause of the pain, so a good diagnosis is a must.

7. Give Your Legs A Lift Try to keep pressure off the lumbar region of your spine, from which most *sciatica* pain radiates. It is recommended lying on your back with your lower legs resting on a chair or a low table such as a coffee table. Your knees and hips should be bent at about 90-degree angles. Do this as needed for relief.

For the service rendered by me in the field of Ayurveda, I have been awarded "KRRISHI RATNA AWARD" For the Year 2005, "AYURVEDA TAPASWI AWARD" For the Year 2006 & "VAIDYA RATNA AWARD" For the Year 2007. I am associated with TV9 a popular news channel in Telugu and spread the awareness towards Ayurveda in a Doctor-Patient Live interaction Programme called "MEET YOUR DOCTOR". Participated in many National & International seminars. Published many articles related to 'Ayurveda and Panchakarma' in all the leading news papers like Deccan Chronicle, Hindu, Andhra Jyothi, Eenadu, Vaartha etc.

As anyone knows who has ever had sciatic nerve pain, it is extremely painful. Move in the wrong way and you will experience intense pain. Numbness and tingling may occur at any time. This makes it extremely hard to go about your daily activities or do productive work to support yourself and your family.

2. The piriformis muscles are the ones in your buttocks. These need to be strengthened to take the pressure off your sacro-iliac joints, the ones that connect the base of you spine to your pelvic bone. One way to do this is place a rolled up towel at the base of your spine where the triangle shaped bone, (the sacrum), is. One end should be at about where your waist is and the other at or slightly beyond your sacrum. Make two fists and put them behind your head on the rounded area of your skull, (the occiput). Do this for about five minutes and then go for a short walk. This exercise will help take the pressure of your joints and spine.

As soon as possible, you need to begin stretching and strengthening your muscles for sciatic pain relief and help prevent further problems. Before beginning any exercises for sciatic nerve pain, get a diagnosis from a physician such as a chiropractor. You need to be sure you do not have a condition of injury that will be made worse by exercising.

3. Go For Yoga Practicing certain yoga exercises can help ease sciatic pain. It is recommended to try out this exercise. Lie on your back with your clavicles resting on the seat of a chair. Your hips and knees should be bent at about 90-degree angles. Cross your arms over your chest and place your hands on your shoulders, not on your neck. Inhale, then begin a long, slow exhalation. During the exhalation, tilt your pelvis so that your lower back moves to the floor as you flatten your abdomen. Raise your shoulders 6 to 10 inches off the ground. Lower your right shoulder to touch the floor. Repeat, this time lowering and raising your left shoulder instead. Do this five to six times per side.

We are dedicated to improving the health and function of our patients by combining Traditional Ayurveda Panchakarma Chikitsa with modern technology to deliver an unprecedented level of service. Till to date we have treated more than 33000 patients with Spinal conditions like: ????

There are a lot of types of exercises for sciatica that can bring relief to patients, and they're different, based on what causes the pain. Most of them will target certain muscles with the help of stretching exercises.

2. Don't Get Crossed You tend to cross the same leg all the time. That means you are always sitting on the same buttock, which puts a lot of pressure on the sciatic nerve on that side. Ideally, you should not cross your legs at all. But if you must, at least try to switch sides from time to time.

Our commitment is To Improve the Quality of Life for those with Spine Disorders; To advance the understanding and Treatment of those conditions through Research, Prevention and Education; and To deliver the finest quality Spine Care in a Friendly and Compassionate Environment, Treating every patient with the same Care and Respect we would demand for ourselves.

5. Flex Your Pelvis Pelvic tilts allow you to gently move the lumbar region of your spine, increasing circulation in the area. It is recommended to follow these instructions. Lie on your back with your feet on the floor and your knees bent. Tilt your pelvis so that your back flattens against the ground, then lift it up. Hold for 5 seconds and relax. Continue tilting and lifting and relaxing five to six times every hour when sciatica flares up.

Raymond Lee is one of the foremost experts in the health and fitness industry and is the Founder of Bodyfixes Group specializing in body health, muscle development and dieting. He is currently the author of the latest edition of "Neck Exercises and Workouts." Visit <http://www.bodyfixes.com> for more information.

The fact that they are regularly involved in exercises makes the muscles more powerful and mobile, which insures that the recuperation process speeds up. A good side effect is that these type of incidents are prevented in the future with the help of exercises.

4. Take A Seat The Right Way When you do have to sit, make sure that your posture does not make your sciatica worse. Your knees and hips should be bent at about 90-degree angles. Your weight should be on the ischium tuberosity - the sitting bones - and not on the tailbone.

Take great care and avoid straining that delicate structure called the 'Spine'. About the Author: I, Dr. KRANTHI VARDHAN RENUKUNTALA, am an Ayurvedic Doctor Practising in Hyderabad. My Qualification is B.A.M.S; M.S.( Counseling & Psychotherapy). I Have my own 'Speciality Panchakarma Centre' named "THE KERALA AYURVEDIC CARE" @ 3-6-101/1, st no: 19, Basheerbagh, Hyderabad, Andhra Pradesh, India. Established in the year 1999, recently we have celebrated 9th anniversary of our institute. We Treat all the Chronic Ailments with AYURVEDA-which is considered to be the "MOTHER OF ALL SCIENCES".

In most cases, the name sciatica is used when you have nuisances in the nerves area of the lower spinal chord or in cases of irregular compression. There are a number of conditions that can cause this.

1. Adjust Your Seat Most people position the car seat too far back when they drive. You put a lot of strain on your back when you have to stretch to reach your pedals. You should be able to press the gas pedal just by flexing your ankle. Your hips should be at about 90-degree angle, and your back should be in neutral, not bent, not perfectly straight, but comfortable.

3. Stretching your hamstring muscles will help loosen them and prevent stress on the sciatic nerve which causes pain. Lie on you back with knees bent, feet flat on the floor. Put your hands behind your knee and pull up your leg until it points upward, then straighten your leg until you begin to feel it stretch. Stop there and hold for around 30 seconds. Repeat 2 or 3 times. Do the same with the other leg. Repeat this 2 or 3 times a day. Don't overdo this exercise or it could make your pain worse.

4. Sciatica from isthmic spondylolisthesis 5. Piriformis syndrome can also cause sciatic pain 6. Sciatic pain caused by a sacroiliac joint dysfunction

For Appointments, Please Contact Dr. Kranthi R Vardhan, Chief Physician & Managing Director, The Kerala Ayurvedic Care, Sciatica & Spinal Research Institute, Basheerbagh, Hyderabad-29. Ph: 92461 66636 / 98666 66055 / 66101140 on all days from 8am - 8pm strictly with a prior appointment.

About the Author:

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In the past, a patient suffering from Disc problems may have been prescribed Pain killers / Medications, Instructed to refrain from physical activities, referred for Physiotherapy, received Steroidal Shots or Injections, and when they weren't progressing, they were sent for Spinal Surgery. Frankly speaking only 5% of Back pains require Surgeries, the other 95% can be dealt with Conservative & Curative Ayurveda Panchakarma Chikitsa.

Exercises for **Sciatica** While most patients would rather rest in bed, sciatica exercises are the best solution to start the healing process for sciatica pain. After the patient has a **sciatica** access, doctors will usually recommend a small period of rest (one or two days), but not more, since being inactive will make the pain worse. That's because the spinal structure deteriorates further if there is a lack of movement. The result is a weaker support for the back and that can bring a back injury or a spine/muscle strain. When you exercise the discs, the fluids between them are well lubricated and healthy, and they also help strengthen the abdomen muscles and the back.

About the Author:

For better result you know the details natural treatment for *sciatica* with exercises. Discover more about cause and tips to cure Mid Back Pain.

Sean Rodriquez

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