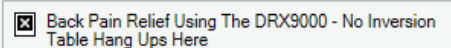


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Back Pain Relief Using The DRX9000 - No Inversion Table Hang Ups Here

Have you ever had to endure -- even for just a few moments -- a nagging and often excruciating pain running along the side of your leg? Then you may be feeling the effects of sciatica, typically a compression of the sciatic nerve fibers which runs from the lumbar region, through the sciatic foramen, and vertically into the back of the thigh and down your legs towards your feet.



Unfortunately today many people are suffering from sciatica pain and there are a number of treatments available that provide relief from the condition. The effectiveness varies and relates directly to the causes. All too often relief is only short term and the misery returns.

As you may well imagine, people constantly experiencing pain, immobility and the inability to perform normal daily functions, are quite eager to grasp at any potential solution that could relieve those symptoms. They may achieve an acceptable degree of pain relief but do nothing to treat the cause of that pain.

Tip 4 - Keep moving. You do not need to move fast but you need to move. If you rest and do not move at all, muscles will tighten quicker. This is why you may pain is worse in the morning after a nights sleep. Movement helps to keep the pelvis moving, the spinal joints eased and the muscles relaxed.

The pain from sciatica can be varied: dull or sharp, tingling or burning, numb or accompanied by sporadic shocks of pain from the lumbar area going down the back of the thigh towards the feet. Any movement affecting the lower back such as sitting or even standing up can be painful.

Always consult with your doctor or medical professional to understand fully your healthcare options and associated risks.

To learn more about back pain causes and possible treatments using inversion therapy and the DRX9000 visit <http://www.drx9000-spinal-decompression.com> - a popular website that specializes in providing information on back pain causes and treatments.

Imagine waking up without sciatica. Being able to do all your daily tasks without that 'real pain in the butt'. Just think of all the things you could do again.

Not A Permanent Cure It remains quite frustrating that most so called cures are not cures at all. It can best be described as interim relief. Choosing inappropriately labeled cures for sciatica may well actually result in being cured permanently. Many of the so called cures that available are no more than temporary relief of pain and symptoms that result from the true cause of the condition that remains untreated.

Sciatica home treatment is easy if you know what to target, how to target the areas and how to effectively eliminate your pain. Sciatica is a common condition, but you have the tools to make it disappear quickly. It eases the quicker you do something, apply the tips above and the visit the links below and **sciatica** can disappear quickly. All you need to do is follow some simple tips for sciatica home treatment.

An alternative type of spinal therapy uses a device call the DRX9000. This device is somewhat of a computerized traction table that uses a pull-and-release motion to separate the spine. This oscillating motion is important because it essentially counteracts the body's natural inclination to tighten up when being pulled. According to the developers of the machine, this allows the patient to be subjected to a much more effective spinal decompression treatment.

Tip 5 - If pain persists... seek help. There are many ways to release your sciatica, most of these can be done at home and are highly effective. The big piece of advice is ... don't wait too long and never wait too late.

Do you know if you are likely to suffer from sciatica or back pain? Take this simple **sciatica** test and see... If you have sciatica, would you like to know which stretches are best? Learn the simple and highly effective ways to get rid of *sciatica* once and for all.

About the Author:

Tom Henricks is a retired utility worker and charter fisherman from The Canadian of Shore of Lake Erie. For more information about **Sciatica** please visit Treat Sciatica For more information about Senior health please visit Treat Arthritis

There is however a contingent of the population that believes one of the cures for sciatica is engaging in a routine of exercises that treat the mind and body. Among the most popular of such techniques you may recognize the practices of Yoga and Pilates. These are said to be beneficial not only to the ill but also the healthy among us.

Dr Graeme Teague is an expert in the structural field, and has been in practice since 1991. His newly launched web site The Back Pain Advisor - <http://www.back-pain-advisor.com> - strives to give you valuable and expert advice, tips and information on your back pain issues.

In the end a true cure must treat the cause of the pain. The pain is merely a symptom. Although many causes have been identified, efforts will continue to establish better treatments that provide permanent relief and long term elimination of the cause.

Physiotherapists use a variety of therapies to treat sciatica, with McKenzie technique being a mainstream technique for discogenic pains. Mobilisation and manipulation techniques, core stability work, myofascial release, specific exercises, manual techniques, soft tissue work and massage, analgesia, patient education, rest, the best position to relieve extreme **sciatica** pain and advice are all used as treatments. Most sufferers settle without investigation or surgery and a long term exercise programme is useful once the problem has settled.

A thorough history performed by the physio will uncover any red flags, an indication of a possibly serious underlying medical condition responsible for the pain. Loss of weight or appetite, severe pain at night, a history of cancer, unwellness or fever, bowel or bladder control difficulties, young or older patients, all these things ring warning bells and the physio will refer the patient on to a medical specialist for evaluation. The location, nature and response to activities and postures of the pain will be noted by the physiotherapist.

Disc prolapse can result in the internal nuclear material being extruded past the outer disc wall, physically compressing the nerve root which runs nearby. The nuclear material is also chemically irritating to the nerve structure and these irritants make the nerve and nearby structures swell, partly blocking the local circulation and the nerve's message transmission. Disc prolapse is typically the cause of proper sciatica but the size of the prolapse is not closely related to the amount of pain the person suffers.

The great forces which we impose on the low back mean the lumbar intervertebral discs suffer structural changes and prolapses. Many activities involve a significant level of leverage, such as flexing over, performing movements in an upright position and lifting with the arms away from the body. This greatly magnifies the forces on the discs and due to their fluid mechanics they suffer 3-5 times the loads on the skeleton. This can cause the disc walls to degenerate, giving weak areas and predisposing to prolapse at some time.

The physiotherapist begins with postural observation of the patient which can show an inability to stand up or a thoracic shift to one side. Spinal movements are performed and the pattern of movement limitation noted, with a full neurological examination of the lower limbs. The physio is looking for deficits in muscle power, reflexes or feeling which are related to the specific nerve root involved. The straight leg raise may be performed to check the stretch reaction of the spinal nerve.

Tip 1 - in the first 48 hours use ice. If you use ice in the first 48 hours, the majority of sciatica will disappear before it starts. Put ice on the area for 10 minutes, rest for 10 minutes and then repeat the process two more times. Ice is only effective for the first 48 hours, so don't delay using it. This is the first amazing tip of sciatica home treatment and one most people fail to use...

Although traditional western doctors are sometimes reluctant to recommend inversion tables or inversion therapy for back pain, there are claims that it can be effective. The reasoning or principle behind the treatment is simple. Much of the back problems people have are the result of aging -- in other words -- living a long time with gravity constantly pulling down.

The McKenzie technique works on pain centralisation, the tendency for pain to move towards the back from the legs, suggesting a disc problem, and many physios use this technique. Pain in the front of the thigh and over the knee can be referred from the hip joint, so the physiotherapist will assess the lower limb joints to check the diagnosis. A thorough examination informs the physiotherapist of the likely diagnosis and how they might treat the syndrome, or that the patient needs to be referred to a medical practitioner for a consultation and investigation.

Sufferers of sciatica surely pray daily for a cure to relieve the constant pain and misery caused by this common condition. Any cure is specific to determination of the cause. In the case of sciatica the causes appear to be numerous.

Tip 3 - Balance your Pelvis. When you pelvis twists, the Piriformis muscle tightens, the lower spinal joints stiffen and sciatica occurs. Re-balance the pelvis and tension eases quickly. You can check if your pelvis is okay by lying down. Place a hand under each side of the pelvis at belt height. See if there is one side that is easier to slide your hand under. If so then you pelvis is out of balance. This is only one test, for the other 3 see the links below.

At this time all the answers are not on the table. Some turn to natural cures for sciatica that may prove only temporary relief for the sciatica nerve condition. Some people seek the help of a doctor and follow his recommendations to achieve relief from the symptoms of sciatica. You may wish to conduct your own personal research utilizing a variety of the methods mentioned above to determine which method will provide the most effective relief from the pain you are suffering.

In addition, you will find offered self-mobilization classes in which you will be taught to eliminate stress and pain by developing mind control of the body. Another suggested cure for sciatica is routinely performing natural exercises which have been designed to not only relieve the pain from your sciatica problem, but will also make you a fitter person. It is a popular belief that you should routinely stretch and exercise your muscles. It has been said that muscles that have been allowed to deteriorate through inactivity, damage the sciatica and thus cause you more unwanted sciatica pain.

The idea behind inversion tables is that your weight is turned upside down (or at least angled) and by having your weight suspended from your lower body you are putting equal and opposite gravity pressure on the joints and spine. Therefore, in effect, you are doing the opposite of what happens naturally -- the constant weighing down on the body by the pull of gravity when you are standing upright. This is intended to reverse or reduce the pressure on the discs between the vertebrae and help reduce the wearing down, or degeneration, of those discs.

Tip 2 - Stretch your Piriformis muscle. A tight Piriformis muscle is the most common cause of sciatica, disc injuries for example only cause less than 4%. For the best stretches see the links below.

About the Author:

Jonathan Blood Smyth is a Superintendent Physiotherapist at an NHS hospital in the South-West of the UK. He specialises in orthopaedic conditions and looking after joint replacements as well as managing chronic pain. Visit the website he edits if you are looking for physiotherapists in Manchester.

For some people suffering from **sciatica** or other types of lower back pain, inversion table therapy may offer some relief. Inversion tables are specially designed tables that allow the patient to hang upside down or at an angle in an effort to alleviate back pain. Sometimes, gravity boots are used in conjunction with the inversion table. In a way, inversion therapy is similar to spinal traction or spinal decompression therapy.

Sciatica usually comes on quickly after an aggravating activity or posture, along with some back pain but this can go off when the leg pain starts. **Sciatica** is worsened by sneezing, sitting and coughing and is better lying down or standing. The pain is in the buttock and either down the back of the leg or the side and down into the foot. In 5% of cases the affected nerves are the first, second or third lumbar, which give front of thigh pain not beyond the knee. The full picture may sometimes not be present, with individuals describing discrete areas of pain such as the foot only.

Physiotherapy Treatment of *Sciatica* by Jonathan Blood Smyth *Sciatica* results from a structure impinging on a lumbar nerve root, causing compression and/or inflammation enough to cause neurological changes in the skin, reflexes and muscles served by the affected nerve. Not a common syndrome, it is estimated that 3-5% of the population suffer this kind of problem at some time. It affects men and women equally with men most susceptible in their forties and women in their fifties.?? Up to a quarter have symptoms which last more than six weeks and referral to physiotherapists for acute management is routine.

Wouldn't it be great if you could just make it all disappear? No more sciatica, no more back pain... There is some good news ahead 5 amazing **sciatica** home treatment tips. Follow these and your sciatica will ease and disappear quickly.

Sciatica, you know that pain that runs down your leg. The pain that drives you crazy and stops you enjoying so many activities. It nags away and even makes you feel tired and grumpy.

For more information on Sciatica issues just visit Sciatica - <http://www.back-pain-advisor.com/sciatica.html>

Receive a free e-book on back pain when you subscribe to our newsletter, just click here - Back Pain Adviser - <http://www.back-pain-advisor.com/back-pain-adviser.html>

Sean Rodriguez

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