

Sciatica Exercises for Optimum Health



Sciatica exercises for the different types of sciatica conditions vary and need to be done properly as well as on a regular basis in order to obtain the best results. Sciatica can be a symptom of a herniated disc, from degenerative disc disease, sacroiliac joint dysfunction, and spinal stenosis, from Piriformis syndrome as well as Isthmic spondylolisthesis. Each condition has its own set of exercises which need to be followed through correctly.

For example sciatica caused by a herniated disc, whereby the nerve is compressed due to the disc protruding which causes a radiating pain along the nerve root as well as acute leg pain. Recommended sciatica exercises for this condition are press ups or extension exercises which alleviate the pain when the muscles move up in the lower extremities and into the lumbar region.

Spinal stenosis is caused by the sciatic nerve being irritated which in turn restricts the sciatic nerve's passageway. When the muscles are flexed or when walking, one will experience pain down the leg. Sciatica exercises require bending forward and flexing the lower spine which help to expand and clear the passage. These exercises stabilize the lumbar spine and promote healing.

When suffering from degenerative disc disease the disc intrudes on the nerve and causes sciatica then lumbar stabilization is required. Sciatica exercises such as the McKenzie protocol are prescribed which include exercise

movements that train the pelvic and lumbar spine region. Isthmic spondylolisthesis involves the N5 nerve which is impinged. Stabilizing and flexing sciatica exercises are used in order for the patient to maintain a flexed stable lumbar spine position.

People suffering from Piriformis syndrome experience sciatica pain although this syndrome is not associated with sciatica. The piriformis muscle which lies close to the sciatic nerve is affected and this is what causes severe pain. These patients experience numbness, tingling as well as pain down the leg and foot. Sciatica exercises such as stretching exercises, hip extensor and hamstring muscle exercises help lower the painful symptoms.

Company Description

We offer free information about back pain, including the latest research and treatment options. We also provide a listing of chiropractors in your area so you can find the right provider for you. AmericanChiropractors.org is an educational website that helps people understand their condition and get relief through chiropractic care.

Contact Details

American Chiropractors

Google Site: <https://sites.google.com/view/americanchiropractors/can-sciatica-be-cured-by-exercise>

Google Folder: https://drive.google.com/drive/folders/1SF3_Pj8A3fX0Fq2nu1fQQd_dsir4ULhz?usp=drive_open

Recommended Resources

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