



<https://sites.google.com/view/americanchiropractors/is-bed-rest-good-for-sciatica>

The Most Effective Sciatica Cures Options



Sciatica is a nerve pain caused by compression or irritation of one of the five spinal nerve roots that give rise to each sciatic nerve, or the sciatic nerve itself is compressed or irritated. Aside from a compressed nerve, sciatica may also be caused by irritation of the nerve from adjacent tumors, bones, muscles and other previous injuries. Sciatica can also occur to pregnant women. It must be noted that sciatica could not be diagnosed but through the symptoms. The underlying cause of these symptoms must be determined first for recommendation of appropriate sciatica cure. Moreover, appropriate treatment may vary with the severity of pain the patient is experiencing.

There are indeed different causes of Sciatica, thus, these causes may even require various treatments. A consultation to a physician can help a patient suffering from sciatic because it could identify the cause as well as recommend appropriate sciatica cures. Some patients are required to undergo tests such as x-rays, CT scans and magnetic resonance imaging (MRIs) to determine the causes of sciatica. And so, written below are some of causes and sciatica cure options that need to be considered:

- Sciatica could go away without any medical intervention if it is caused by prolapsed or lumbar disc herniation.

- Another symptom determined is cauda equina syndrome. It is a neurologic condition which is characterized by acute loss of function in some parts of the spinal cord. Once this cause is determined, the doctor may require further treatment.
- Other causes such as epidural abscess, or tumors, will also require the need of further treatment. Thus, a patient might need to be injected with steroids or muscle relaxants.
- On the other hand, elective surgery may be needed if a person is suffering from unilateral sciatica or other severe cases.

Aside from these sciatica cure options, there are other alternatives that patients do. One alternative is taking analgesics to relieve pain as well as disability, however, there are criticisms regarding the efficacy of such medication. Even the UK's National Health Service stated that there has not been sufficient evidence to prove that a drug such as analgesics can cure Sciatica. Some patients even take physical therapy and bed rest, however, there is not enough evidence to prove that bed rest and physical therapy exercises can cure such conditions. Moreover, a study in the Netherlands proved that bed rest could not cure Sciatica. It tested 183 patients suffering from sciatica where half of the patients were advised bed rest and half was not. Results showed that there is no difference with the symptoms, level of pain experienced and the recuperation time among the two groups after 12 weeks of observation.

Other sciatica cures one could try to alleviate pain and decrease discomfort would be avoiding sitting for a long amount of time to reduce the pressure on his lumbar area, stretching exercises, and short walks and sitting. A heating pad may also be placed in the lower back area or where pain is experienced for 15 minutes every couple of hours.

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.

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Google Folder: https://drive.google.com/drive/folders/1GqhG7nIJosrVZkuOUL_PCz1mc6sldYvE?usp=drive_open

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