

A Multifaceted Treatment for Sciatica



There is a wide variety of treatments available for sciatica and sciatic pain. The Chiropractic and Physiotherapy industries make millions every day from this one affliction alone. But in my experience, they only provide temporary relief for your sciatica.

I'm not saying that you should not use Chiropractors or Physiotherapists to treat sciatica but look at it as a form of short-term relief. You will undoubtedly be going back for more treatment in the coming weeks or months after your initial sciatica flare-up has died down. In my humble opinion, I believe that you need to take a multifaceted approach to your sciatica treatment, it may be something that you need to live with, or allow for, for the rest of your life.

Most sciatica is caused by some fault or disorder in the lower spine. Even surgery has not proved a long-term solution for this. Research has found that sufferers who have spine surgery find some improvement in the early stages, but 3 years after treatment can find that their sciatica has returned. So my approach would be fourfold:-

i) To deal with the immediate pain - Pills and analgesics. Over-the-counter medication is only used in the event of mild sciatica. For real pain management, you will need prescription medication. But beware these opioids that are prescribed

are very strong and have side effects of their own, including drowsiness, lack of concentration, and even addiction after long-term use.

Creams and lotions are good. They generally provide heat which can reduce the pain and improve the circulation around the area, which aids recovery. Also, the massaging action of rubbing in the cream will provide some pain relief.

ii) To reduce inflammation - Some medications like Ibuprofen will help reduce inflammation of the sciatic nerve and any inflamed muscles. But be careful with Ibuprofen it can be hard on your stomach and should always be taken with food.

Simple topographical applications of hot and cold packs can provide great pain relief and aid recovery. Cold packs of ice or frozen peas will reduce inflammation and dull the pain. Hot packs like wheat packs or hot water bottles will relieve pain and increase the blood flow, just like creams and lotions.

iii) To restore your normal mobility and function - In extreme cases, you may need surgery to do this. Whether you do or not, you will need to begin some exercises or stretches to increase your flexibility and release any taut muscles. Yoga-type stretches or poses are excellent for treatment in this area.

iv) To prevent any recurrence or flare-up of sciatic pain, you will need to strengthen the muscles in the problem area and your abdomen and lower back core muscles. These will help support your spine. You should also continue with the stretching exercises for flexibility, as the more flexible you are the less chance you have of sciatica recurring.

You should also look at making some lifestyle changes that may have led to your sciatica in the first place. How is your posture? Do you stand correctly on your back? Do you sit too long, or in a bad position? Does your bed make your back hurt? Are you sleeping in a good position for your back? All of these questions need to be answered and addressed to avoid a recurrence of sciatica.

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

St. Louis, MO 63102, United States

Google Site: <https://sites.google.com/view/americanchiropractors/5-best-creams-for-sciatica>

Google Folder: https://drive.google.com/drive/folders/1WAe2QuxLr-qAYD0r4UXVt8E6uXgaDfqP?usp=drive_open

Recommended Resources

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