

Sciatica

Content

- What is sciatica?
- What causes sciatica?
- What are the symptoms of sciatica?
- How is sciatica diagnosed?
- NUCCA treatment and sciatica?
- Patient testimonials

What is sciatica?

Sciatica is pain, tingling, or numbness produced by an irritation of the nerve roots that lead to the sciatic nerve. The sciatic nerve is formed by the nerve roots coming off the spinal cord into the lower back. Branches of the sciatic nerve extend through the buttocks and down the back of each leg to the ankle and foot. Sciatica is one of the most common complaints that people seek treatment for in our office.

What causes sciatica?

Sciatica is typically the result of a domino affect from a misaligned spine. The most common cause of sciatica is a misalignment (atlas subluxation) of the spine that leads to a bulging or ruptured disc in the spine pressing against the nerve roots that lead to the sciatic nerve. However, sciatica also can be a symptom of other conditions that affect the spine, such as narrowing of the spinal canal (stenosis), bone spurs (small, bony growths that form along joints) caused by arthritis, or nerve root compression (pinched nerve) caused by injury. In rare cases, sciatica can also be caused by conditions that do not involve the spine, such as tumors or pregnancy.

What are the symptoms of sciatica?

Symptoms of sciatica include pain that begins in your back or buttocks and moves down your leg and may move into your foot. Weakness, tingling, or numbness in the leg may also occur. Like many illnesses, sciatica symptoms usually start mild and infrequently and progressively get worse depending on how much pressure is on the nerve and what else the patient is doing to further irritate the condition. It is obviously easier to recover from sciatica when the disease is in the earlier stages. Simply put, the more chronic sciatica becomes, the longer the recovery will be.

How is sciatica diagnosed?

Sciatica is diagnosed with a medical history and physical exam. In our experience, 90% or more of sciatica cases respond to NUCCA chiropractic treatment, even the cases where the disc or bone spurs are resulting in stenosis (narrowing of nerve opening). Depending on the case and degree neurological involvement, we may perform other neurological tests and/or refer you for an MRI.

NUCCA Treatment and Sciatica

NUCCA chiropractic is an excellent treatment for sciatica because it addresses the cause of the problem, namely the structural and neurological tension on the low back, discs, and hips by balancing and un-twisting the pelvis. In addition to balancing the spine, the NUCCA correction reduces stress on the brain, spinal cord, and peripheral nerves, allowing them to heal and the sciatic irritation to calm down.

NUCCA chiropractic is a proven, safe and effective treatment for nearly all presentations of sciatica. It is a natural alternative to pain medication, injections, and surgery for sciatica.

If you or someone you know is suffering from sciatica call and schedule an appointment today. A higher quality of life awaits you.

Patient Testimonials:

" I have suffered from constant low back pain and sciatica down both legs for 5 years. The pain was so bad it would wake me up at night. I tried pain relievers, acupuncture...none of which helped. A surgeon told me I had two collapsed discs in my back, but the risk of surgery was too high to operate.

After getting my spine corrected and monitored for a month I had my first pain free day. I am having more and more good days, regained my ability to get around and could do the things I enjoy doing again. At 90 days under NUCCA chiropractic care I am 100% better with no pain and I'm holding my corrections for two months!"- **Evelyn**

"I've had sciatica, neck, back, hip and knee problems for years. I have also been on high blood pressure medication for many years as well. Shortly after starting NUCCA chiropractic care, my pain has in all these areas has gotten better and my blood pressure has dropped 20 points. It is wonderful not to be hurting from sciatica all the time."-**Linda**

At Redmond Spinal Care in Redmond, WA, we specialize in Upper Cervical chiropractic care. The most common symptoms treated at this office are neck/back pain, sciatica, headaches, migraine headaches, asthma, fibromyalgia, TMJ/TMD and high blood pressure. For a complete list of conditions that have responded to NUCCA chiropractic visit our website at www.redmondspinalcare.com .