



Sciatic Nerve

Sciatic pain or "sciatica" is a set of symptoms usually caused by compression and/or irritation of one of the five spinal nerves in the low back area. The five nerves join and become the largest, longest and widest single nerve in the human body. It runs from your low back to the buttock down to the lower limbs.

Symptoms of sciatica are low back pain, buttock pain, and pain in various parts of the leg and foot. A side from pain, symptoms can include numbness, muscular weakness, pins and needles or tingling and difficulty in moving or controlling the leg.

4 Keys to keep in mind:

1. The degree of numbness: The more numbness, the worse the condition.
2. The intensity of the pain: This helps determine if the condition is improving or not.
3. The percent of hours you have symptoms: This will also help determine if it's getting any better.
4. How low the symptoms travel down the leg: The lower it is, the worse the condition is.

Do the activities that make the symptoms move up the limb toward the low back and avoid the activities or therapies that move the symptoms lower down the limb. Keep improving the above 4 keys and there could come a day that all symptoms are only in the lower back. Keep paying attention to what causes the ups and downs of these statistics and the low back can heal up as well.

Yours for health naturally,

Dr B

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