

# Sciatic Leg Pain

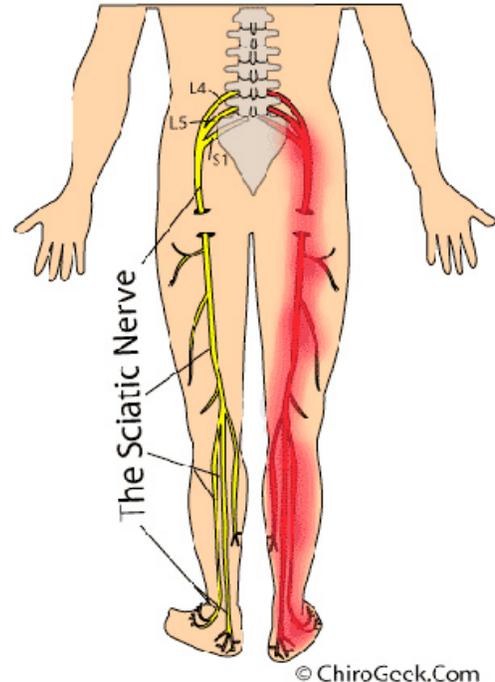
This complimentary report will provide you information about this troubling and painful condition.

**The report is concise** providing you quickly with what you need to know.

**We stand ready to help.**  
Call us for the help you need.

**Jack D. Adrian, D.C.**

**937-339-5556**



## Sciatic Nerves – Longest and Largest

There are two sciatic nerves in your body. They are the longest and largest nerves, reaching about the diameter of your thumb as they exit the lower back and run down each of your legs all the way to your feet. Sciatic nerve conditions are known as sciatica.

## Frequent Pain Locations

The sciatic nerve can cause pain at any point in its distribution, either in the **lower back, buttocks, hamstrings, knees, legs, calves, feet and/or toes**. The pain usually starts in the buttocks and extends down the rear of the thigh and lower leg to the sole of the foot and along the outer side of the lower leg to the top of the foot. **Back pain is found with sciatic leg pain about 50% of the time.**

The amount and location of pressure on the nerve as it exits the lower back determines the intensity of the pain. It can cause problems in **one leg** or **both** at the same time. The pain **can also switch back and forth** from one side to the other.

## Symptoms Often Include

The symptoms of sciatic leg pain (sciatica) are not always the same in all individuals.

- It may hurt or throb **“LIKE A TOOTHACHE”** in any part of your leg or foot.
- It may send jolts of pain into your leg that feels much like “touching a live electric wire.”
- It may cause deep numbness or a feeling of “pins and needles” in your leg, foot or toes.
- It may hurt more or less when seated, standing, walking, bending or lying down.
- It may come on quickly as a result of bending or lifting, or slowly develop over time.
- It may be increased when you cough, sneeze, bend or lift.
- Pain ranges anywhere from an annoyance to the most miserable pain imaginable.

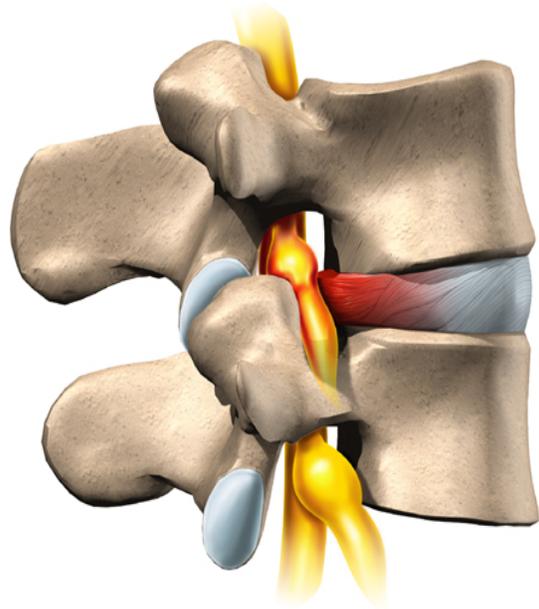
**Symptoms may be constant or “come and go” nature.** Some people experience just one or two of the above symptoms. Other people experience the majority of them all at once.

## Most Common Causes

The three most common causes of sciatic leg pain are a **bulging, herniated or decayed disc** in your lower back. Any of these can compress the sciatic nerve as it comes off your spine. The result is frequently any of the symptoms previously described above.

**The picture to the right shows how a damaged disc pushes against the sciatic nerve causing pain.**

The problem is frequently caused by a lifting injury. Other events can include a slip, fall, auto accident, breakdown from a previous injury, repetitive work positions, and in many cases of slow development, comes about simply from the process of living.



## Common Things To Avoid

Sciatica often worsens with extended rest or long periods of sitting. Long-term heat can cause sciatica to worsen. Avoid moving machinery and optional lifting to reduce chances of a greater injury. Back braces weaken muscles over time and should be avoided, as they set the stage for an even more serious injury. Try to avoid too many temporary pain relievers at the risk of allowing time for the cause to grow worse. Due to a 50/50 chance of surgical failure, all non-surgical options should be exhausted, with surgery being viewed only as a last resort.

## What Can Be Done To Help?

The proper chiropractic techniques have proven to be extremely effective for a large majority of sciatic sufferers. The chiropractic approach is to use carefully directed forces to remove the pressure on the sciatic nerve. To have the best non-surgical chance of success, the right chiropractic techniques must be utilized.

Disc Decompression Therapy is a proven, highly-successful, non-surgical treatment in helping with sciatic nerve pain. **It frequently works when other approaches will not.**

With disc decompression therapy, the gentle, repetitive, cyclical, stretching revolutions create a negative vacuum in the disc helping to remove pressure off the sciatic nerve. This also promotes fluid exchange to **help the cause of the sciatic pain, the damaged disc**, to heal naturally.

The percentage of success is very high, and treatment is comfortable, relaxing and even enjoyable, so much in fact that many people even fall asleep during treatment!!!





ChiroCenter is pleased to offer the people of Troy and Miami County more available decompression equipment options than any other spinal care facility in the area that we are aware of, and we offer the most time-tested non-surgical techniques available in the field of back care. This is just one of the reasons why our percentage of treatment success is so high for so many people.

## How Do I Get Started?

If sciatic leg pain is causing you discomfort and concern, something is obviously wrong. **A complimentary conference with the doctor** will allow us to discuss your concerns and come up with the best approach for you. Hopefully you can be the next person to benefit from our many years of experience and concern for others.

Call us today at 339-5556. We're ready to help.....



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Our Website: **DrJackAdrian.com**

Due to Federal Law, offers of free services may not apply to Medicare.