

## SCIATICA – “The Nagging Nerve”



A pain in the butt is literally what you get with **SCIATICA**. Plus the burning or numbness that shoots down the back or side of your legs to the ankles or toes. **SCIATICA** is usually one-sided, and its pain is present when you sit, stand, or even lie down. The term is commonly given to a pain caused by compressions of the sciatica nerve that runs from the middle of your butt to the toes. The pressure can be caused from herniated or slipped disks in your lower spine, muscle spasms in the lower back or hip (sacroiliac or piriformis), or more rarely an intraspinal tumor. Getting a thorough diagnosis will ensure the best chance at appropriate and effective treatment.

Conventional medicines include muscle relaxers or corticosteroid injection near the site of pain. Patients are often counseled to modify running, bicycling or any activity that increases pain. A more natural and less-invasive approach may include stretching exercises (gentle yoga), with a home program as your ticket to freedom from pain.

Often pain can prevent us from enjoying life more fully. It forces its way into our lives with severe disruption to our lifestyle. Using a homeopathy care can bring good results and may be the option you've been seeking for lasting relief and overall improvement of health.