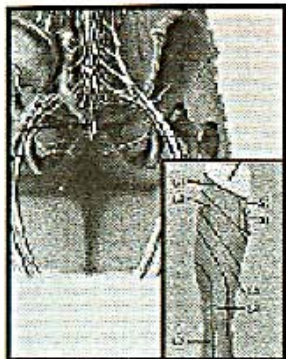


SCIATIC NERVE PAIN & CHIROPRACTIC



SCIATIC NERVE

Anyone who has suffered through a case of sciatica will agree that the pain is one of life's most agonizing experiences. Because there is no other pain quite like it, it is difficult to make a comparison - but the worst toothache imaginable is of the same magnitude as the devastating pain of acute sciatica.

Sciatica is a painful inflammation of the sciatic nerve that supplies the tissues of the thigh, the lower leg and the foot. It is commonly caused by a pinching of one or more spinal nerve roots between the vertebrae of the lower back.

The sciatic nerve is the largest nerve of the body. It is largest where it emits from the spine and gradually decreases in size as it passes down the leg into the foot. There are two sciatic nerves. One courses from the spine down the left leg, and the other down the right leg. The roots of the sciatic nerve are in the lower spinal column. It is here that trouble is most likely to occur.

Sciatic pain is tearing and sharp. It shoots down the sciatic nerve and extends into the hip, the thigh, and the back portion of the leg. It may rip into the ankle and foot. Although fairly constant, the pain sometimes lets up for an hour or sometimes for a day. It may be mild one minute, then rage agonizingly out of control the next.

Sciatica most often starts with a long period of intermittent, mild low back pain. The pain is often so mild in the beginning that many sufferers cannot recall when it started.

The human tendency is to ignore mild pain. Treatment may be unnecessarily complicated and prolonged if one waits until it becomes severe. Therefore, it is extremely important to have any recurring back problems corrected as early as possible.

Misaligned vertebrae can rarely correct themselves spontaneously and permanently. The answer lies in chiropractic care. Your doctor of chiropractic has the training, education and experience to determine which vertebrae are involved in a sciatic condition. There are many new methods of treatment available.

Chiropractors locate the misaligned vertebrae by means of x-rays and other diagnostic methods. After aligning these vertebrae, the nerve pressure is then released, thus relieving the acute pain. There are no pain-killing drugs used, so when the pain is relieved, you can be sure that the doctor is working on the underlying cause, not just the pain symptom. It takes time to stabilize the bones in proper position so that the vertebrae no longer pinch nerves.

EARLY DETECTION OF SCIATIC NERVE PAIN

1. Have you experienced a sharp tearing pain in your hips, thighs, or lower legs?
2. Have you had a "weak back" for years?
3. Do you suffer from prolonged constipation?
4. Do you have recurring back problems?
5. Have you had long periods of intermittent, mild low back pain?
6. Does lifting a heavy weight, making a misstep, or merely bending over cause you pain?
7. Is standing or walking for a long period of time painful?
8. When you cough or sneeze, does a sharp pain tear through your body?
9. Do you have to change position often to get any amount of rest?
10. Do your legs ache painfully at the end of a long day?

ALL THE ABOVE ARE SYMPTOMS OF SCIATICA. BUT ARE ALSO COMMON TO OTHER DISEASES. IF YOU HAVE ANY OF THESE SYMPTOMS, A CHIROPRACTIC SPINE AND NERVE TEST IS ADVISABLE TO DETERMINE WHERE THE PROBLEM LIES.