

#321 Sciatica Transcript

Sciatica Brochure

Header: Sciatica
Subhead: And the Chiropractic Lifestyle
Photo: Man getting out of chair with difficulty

Photo: Spine and sciatic nerve superimposed on back

THE LARGEST NERVES OF THE BODY.

Each of the two sciatic nerves is formed by four or five nerves branching off the spinal cord and running down the back of each leg.

Sciatica is a severe pain in the leg caused from compression or irritation of the sciatic nerve.

AN ALL TOO COMMON HEALTH COMPLAINT.

The sciatic nerves are the largest (and longest) nerves of the body, reaching about the size of your thumb in diameter, and running down the back of each leg. When these nerves are irritated or affected by the inflammation of nearby soft tissues, doctors refer to this as sciatica.

One of the most common causes of sciatic leg pain is the Vertebral Subluxation Complex. It can be accompanied by the bulging or herniation of the soft pulpy discs which separate each spinal bone. This can irritate or put pressure on the sciatic nerve roots as they leave the spinal cord. The result can be an intense pain shooting down either or both legs.

In the past, treatment has involved pain medications, muscle relaxers, physical therapy, and even surgery. The chiropractic approach is to use carefully directed and controlled pressure to remove the interference from spinal structures. These chiropractic "adjustments" can be quite effective in reducing nerve irritation and its associated pain.

Sciatica, like other health problems that can be traced to the spine, often respond dramatically to the restoration of normal spinal function through chiropractic care.

Photo: Picture of Big Ben in London

Caption: In a British study of 741 patients, those receiving spinal adjustments got better results than those receiving medical treatment.

Photo: Male patient receiving straight leg test

Caption: While it can take time, conservative chiropractic care can be quite successful in removing the cause of sciatica and low back pain.

Photo: Surgical theater

Caption: Sciatica frequently prompts surgical intervention, which is only about 60% successful.

THE CHIROPRACTIC LIFESTYLE

A continuing schedule of regular chiropractic checkups can help detect, correct, and maintain optimum spinal and nervous system function. Find out how chiropractic care, combined with proper diet, exercise, and other aspects of good health and personal hygiene can enhance your well-being and help you enjoy life to the fullest. Ask your Doctor of Chiropractic for a care program designed for your age, condition, and lifestyle.

References

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