

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



What is sciatica?

The sciatic nerve is the longest nerve in your body. It extends from the lower spine down the length of both legs. Sciatica refers to the symptoms of pain and irritation in the sciatic nerve. There are several conditions that can cause sciatica, including vertebral subluxations (misalignments), a herniated disc, degenerative disc disease and spinal stenosis – all of which affect the discs between the vertebrae of the spine. These conditions put pressure on the sciatic nerve, which then causes the pain.

Sciatica often starts out as a pain in your lower back, but then it may begin to travel down the leg and progress into a variety of symptoms from light numbness to a stabbing, breath-taking pain.

Different medical treatments prescribed to relieve the symptoms of sciatica are medications for pain and inflammation, steroid injections, and the worst-case scenario — surgery.

Because sciatica is most often the result of a spinal misalignment (subluxation) in the lower spine, chiropractic care is effective in helping your body heal the irritated nerves. Said another way – chiropractic adjustments reduce the “pinch” on the sciatic nerve, which is causing the severe back pain that radiates through the buttocks and down the leg!

Most back surgery for sciatica is elective. Do you really want to “go under the knife” and risk “failed back surgery syndrome” that can leave you in even greater pain? Or, would you rather see a chiropractor who is specifically trained to locate and correct the cause of the interference in the sciatic nerve, without the use of drugs and surgery. Chiropractic works. The choice, as always, is yours!