

Sciatica and How Upper Cervical Care Can Help

Sciatica is a common type of pain affecting the sciatic nerve, that is, a large nerve extending from the lower back down the back of each leg. Learn how you can get rid of sciatic pain with Upper Cervical Care, provided at Wellness Chiropractic Health Center.

What are the Symptoms of Sciatica?

Common symptoms of sciatica include:

- Pain in the rear or leg that is worse when sitting
- Burning or tingling down the leg
- Weakness, numbness, or difficulty moving the leg or foot
- A constant pain on one side of the rear
- A shooting pain that makes it difficult to stand up

Sciatica usually affects only one side of the lower body. Often, the pain extends from the lower back all the way through the back of the thigh and down through the leg. Depending on where the sciatic nerve is affected, the pain may also extend to the foot or toes.

For some people, the pain from sciatica can be **severe** and **debilitating**. For others, the sciatic pain might be infrequent and irritating, but has the potential to get worse.

What Causes Sciatica?

Sciatica is caused by irritation of nerves of the lower lumbar and lumbosacral spine. The cause of the nerve irritation many times starts all the way at the top of the spine. If your head/neck are off balance, your body compensates by raising one shoulder, and one hip, putting the most pressure in the low back. Additional common causes of sciatica include:

- Lumbar spinal stenosis (**narrowing of the spinal canal in the lower back**)
- Degenerative disc disease (**breakdown of discs, which act as cushions between the vertebrae**)
- Spondylolisthesis (**a condition in which one vertebra slips forward over another one**)
- Pregnancy

A large concern that we have at Wellness Chiropractic Health Center is that if the sciatic nerve isn't working properly then the rest of the muscles, cells and organs don't function to 100% because they are all connected. We focus on taking care of patients as a whole instead of parts, so they get the best results.

Upper Cervical Care Treatment for Sciatica Pain

When the upper cervical spine is misaligned, it puts pressure on the nerve channel that travels all the way down the back and to the sciatic nerve. Upper Cervical Doctors examine the spine to look for this misalignment and correct it. This allows the messages from the brain to get out clearly to the sciatic nerve and the whole body so it can heal to 100%. We do this at Wellness Chiropractic with a gentle adjustment that involves no twisting, cracking, or popping. Many people have noticed a dramatic decrease in sciatic pain and some have even been able to prevent surgery because of receiving Upper Cervical Care.