Sciatica is radiating leg pain and or numbness that comes from entrapment of the sciatic nerve in the back or buttocks. The sciatic nerve is the thickest nerve in the body and when it becomes inflamed it produces severe pain. While painful sciatica is usually quite treatable. There are several important considerations to remember when you have sciatica. The first is that if you develop loss of control of bowel or bladder function you must seek immediate medical treatment. This is because in rare cases the nerves that control your bladder and/or colon become compressed and the internal organs malfunction. The condition is known as Cauda Equina Syndrome. Thankfully this serious complication of sciatica is rare. In most cases the most severe pain of sciatica can be diminished in a week to ten days. Another 3-6 weeks of care may be required to reach maximum improvement. Because there are different reasons for the sciatic nerve to become inflamed, sometimes it is necessary to obtain specialized testing. Tests like the electromyograph seen in the picture to the far left or magnetic resonance images seen in the picture below can provide subtle but important information about the key to treating a patient’s sciatica. These tests allow us to individualize a program of conservative care that likely will help sciatic patients obtain relief without drugs or surgery. Dr. Kukurin is one of only a handful of chiropractic physicians who is board certified in neurology. The study of the nerves like the sciatic nerve.

Pelvic tilt and knee to chest exercises can sometimes relieve the pain of sciatica. (left). You should slowly do these maneuvers and hold each position for a count of ten. Do 10-20 repetitions. If the pain seems to be getting worse, stop the exercise immediately. Apply an ice pack to your back for 20 minutes after doing these exercise maneuvers.
You should remember that sciatica is actually a symptom. There are many different reasons why a patient develops pain and burning in their leg. Some are straightforward others are complex and a few are very serious. The top image to the right show a relatively normal cross-section of the spine. The bottom right image shows severe spinal stenosis. Spinal stenosis is a common cause of sciatica in elderly patients. It must be treated totally differently than other causes of sciatic leg pain.

Modern Methods of an Ancient Chinese Wonder
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Acupuncture can provide relief from sciatica. In fact, the acupuncture meridian known as the Bladder Channel follows the course of the sciatic nerve very closely. By inserting acupuncture needles into points along the sciatic nerve you can often turn off the pain signals and reduce inflammation in the sciatic nerve. Most people assume that acupuncture is painful. But the truth is that a skilled acupuncturist, if he hits the acupuncture points accurately, can help many conditions without causing more pain. For patients who are afraid of needles, electrical stimulation can be used in place of acupuncture needles. Using ultrasound over acupuncture points is also effective in relieving sciatic pain.

~ Dr. Kukurin

References used for this newsletter