

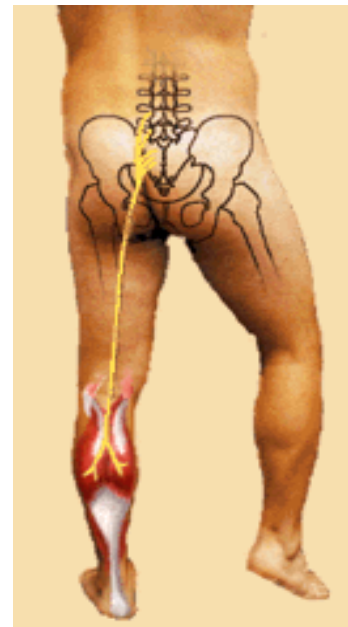


# Dr. Shane Explains...

## **SCIATICA**

Sciatica is a very painful nerve condition that starts in the lower back and extends down into one or both legs. Sciatica refers to pain or discomfort associated with the sciatic nerve. This nerve runs from the lower part of the spinal cord, down the back of the leg to the foot. Injury to or pressure on the sciatic nerve can cause the characteristic pain of sciatica: a sharp or burning pain that radiates from the lower back or hip, possibly following the path of the sciatic nerve to the foot.

The sciatic nerve is the largest and longest nerve in the body. About the thickness of a person's thumb, it spans from the lower back to the foot. The nerve originates in the lower part of the spinal cord, the lumbar region. As it branches off from the spinal cord, it passes between the bones of the spine, down the buttocks all the way down the back of the leg to the foot. Those suffering from sciatica are often in their 40s and 50s. It usually begins as an acute pain in the lower back and extends down the back of either leg. The pain is usually worse with bending, twisting and lifting.



The two most common causes of sciatica are misalignments in your spine and disks that "pinch" the sciatic nerve as it leaves your spine. Chiropractic is the best choice because adjustments shift the disks and bones away from the irritated nerve providing long term relief. Sciatica is a serious condition. It needs immediate treatment. Injured nerves recover slowly and if they are irritated too long, they may never fully recover.

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