

Leg Hurt?

There's a sharp pain in your leg. Maybe in the buttock too. You can hardly walk. What is going on???

It might be sciatica.

Sciatica, or pain along the sciatic nerve, is a common painful disorder.

The sciatic nerve begins in the lower spine and continues down the center of the buttock and legs all the way to the heel and under the foot.

Pain can be felt anywhere along the nerve. Some people only feel pain in the buttock, while others experience pain further down the leg, even down to the big toe.

When the nerve is irritated, *it will hurt*.

True sciatica is the irritation of the sciatic nerve, usually from the place where it starts in the lower back. The bones of the spine can move out of place and put pressure on the nerve causing it to hurt. The muscles in the buttock can spasm or get inflamed and put pressure on the nerve. The greater the pressure, the more pain will be felt.

If the bones are putting pressure on the nerve, the bones must be moved to remove that pressure.

Sometimes the nerve has pressure on it due to a bulging disc. Chiropractic care can relieve this pressure in 80 to 90 percent of cases.

In my office, we have a special table just for disc problems. The table helps reduce disc pressure and subsequent pressure from the nerve.

Anything that applies consistent pressure to the nerve can irritate it and lead to leg pain. Sciatica can come from irritated muscle sheaths that send pain down the leg.

To treat leg pain, the source of the problem needs to be found and appropriate care has begun. Conservative (non-surgical, non-drug) care can be incredibly effective for relieving pain. And through maintenance care, pain can be prevented.

Give us a call and let's get you feeling great again!