

## **Ow! Could this be a pinched nerve?**

“What is this sharp ache in my back/leg/arm?”

Sometimes it radiates down the arm or leg or around the abdomen. Sometimes it feels like it's burning.

You have probably heard the expression 'pinched nerve' and you may have thought at some time that you had this problem.

What exactly is it?

A pinched nerve is a nerve that has pressure on it, inflammation or pulling on it, causing irritation.

The spine consists of 24 moveable bones stacked upon each other. The nerves exit the spine between the bones. If the opening for the nerve narrows, the nerve can be pinched, resulting in pain and ill health.

Pinched nerves have a variety of causes.

Thin discs, arthritic spurs, sprains and strains, injuries, bone disease, inflammation, severe spasm, abnormal bone alignment, and bad posture can all cause pinched nerve symptoms, but most pinched nerves come from misalignments of the bones of the spine.

In order to determine the cause of the problem, an examination must be performed so the correct treatment can begin.

To treat this problem we use gentle adjustments, flexion-distraction (a form of traction done by hand on the low back) exercises, back supports, and physiotherapy as needed to resolve the pressure.

Covering up the pain with medication may make you feel better for a moment, but it does not heal the problem and may lead to further damage.

If you suspect you have a pinched nerve, give us a call and make an appointment. You will be glad you did!