

Tenscare Providing Welcome Relief From Sciatic Nerve Pain, Lower Back Pain & Buttock Pain



Incredibly, at least 50% of all adults in the Western world will suffer from some form of back pain in their lives. This could be due to their jobs, which might involve continuous heavy lifting or bending or from sitting in an upright position for too long over an extended period of time such as in front of a computer screen for several hours a day.

The term “back pain” is a very general term and simply refers to any type of pain experienced in the upper or lower back regions. However, the lower regions of the back, better known as the Lumbar region, is where most people will experience some form of chronic pain. This could be anything from a mild muscle strain to an irritating and sometimes debilitating burning sensation.

It can be difficult to explain to others exactly how back pain affects the individual because everyone is different. However, living with excruciating pain day after day can be quite wearing, affecting mobility and interrupting vital sleep time, which can lead to fatigue and anxiety problems for the sufferer. Prolonged bouts of back pain, possibly caused by sciatica, can also have a psychological affect on the sufferer, leading to a more serious mental condition such as deep depression.

What is sciatica?

Sciatica itself is not a medical condition. It's a broad term used to describe the symptoms, which might cause lower back pain, deep pain in either one or both buttocks, numbness in the legs and tingling in the legs. Any number of underlying medical conditions could be responsible for sciatica. These include Degenerated Discs, Lumbar Disc Herniation and Sacroiliac Joint Dysfunction. Other conditions that can contribute to sciatica include Osteoarthritis, Spondylolisthesis and Lumbar Stenosis. With each condition comes a degree of pain ranging from a dull but annoying ache up to an acute and debilitating pain that can leave the sufferer in agony.

The sciatic nerve

Any condition that irritates the sciatic nerve will cause extremes of discomfort. The sciatic nerve travels from an opening in the pelvis (*Greater Sciatic Foramen*) then runs below the Piriformis muscle into the buttocks and down the back of the thighs and knees into the calves of each leg, terminating in the feet. Sciatic pain can sometimes be difficult to treat even with available painkillers, making the sufferer feel helpless and abandoned. Stress, caused by intense and constant pain can quickly increase the sensitivity to pain, which only exasperates the situation, making matter much worse.

Some causes of back pain and sciatica

Sciatica and lower back pain can reoccur at any time and most often just after heavy lifting or bending and even after sitting in one position for a considerable length of time. It can also reoccur at any time for no apparent reason and doctors are unable to explain this phenomena. A lack of exercise and excessive weight gain can contribute to the risk of sciatica symptoms returning more often, requiring a sciatic nerve treatment or some other form of back pain remedy.

Sciatica pain relief and lower back pain treatment

Some options for controlling back pain are available as over the counter medications such as Ibuprofen (*e.g. Advil, Nurofen*), which is a non-steroidal anti-inflammatory drug (NSAID) and Paracetamol can help relieve back pain. However, there are possible side-effects associated with Ibuprofen, including an increased risk of developing peptic ulcers, heart and kidney conditions. It is therefore recommended that these drugs only be taken at the lowest dose for a minimum period. Paracetamol can offer a short term pain relief but does not address the inflammation issues. Staying mobile, if possible, can help reduce inflammation.

Other pain relievers and sciatica treatments

In extreme circumstances, where the back pain or buttock pain is severe, a doctor might prescribe a more powerful analgesic such as co-proxamol. Co-proxamol is an opioid and can cause drowsiness. Continued use can also cause a psychological dependency as the effects mimic that of natural endorphins, providing a “quick fix” for sciatic pain relief. It is vitally important to adhere to the prescribed dosage. Also, it should not be taken by anyone who has an existing kidney or liver condition.

How to treat sciatica and back pain with natural remedies

Among the many natural remedies for the relief of back pain and sciatic nerve treatment is to simply exercise and lose weight. Walking, swimming, yoga, Pilates and Tai Chi are considered beneficial in helping to strengthen the body core (mid body section), improve muscle tone and posture. Light stretching is also valuable in terms of releasing tension in the muscles and ligaments. Sitting upright and walking upright can help to improve posture and can prevent spinal arching, which is more prevalent in older people.

More natural remedies for sciatica relief

Staying active is highly recommended by doctors, physiotherapists, chiropractors and osteopaths and although some exercises may seem to irritate or inflame the sciatica problem, it's best to continue with a regular exercise routine rather than rest up, which can have a detrimental effect in the long term. Staying active doesn't mean over-exerting to the point where sciatic pain becomes unbearable. Simply manage the amount of daily exercise without causing major discomfort. Applying alternate heat and ice packs every minute for 20 minute sessions to reduce inflammation is also recommended by professionals.

Alternative pain remedies for sciatic nerve relief and back pain

Acupuncture is an alternative treatment but is not for everyone and results can vary significantly from person to person. Epidural injections for the treatment of sciatica may seem a little extreme but Cortisone injections, also known as steroid injections, are very effective for short-term pain relief. A cortisone shot for sciatica should only be administered by a qualified health professional. In very extreme cases where sciatic nerve pain becomes chronic, surgery may be an option if recommended by a specialist or doctor. There are also many essential oil alternatives available for the treatment of back pain such as Lavender, Rosemary and Peppermint oils but results seem to differ greatly as with acupuncture.

Transcutaneous Electrical Nerve Stimulation (TENS)

Another alternative back pain relief product is TENS, which is a relatively new type of treatment for sciatic pain based on stimulating the sensory nerves around the point of pain with a small electrical current. The current is delivered via a small hand-held device fitted with electrode pads. When the device is activated a harmless electrical current stimulates the sciatic nerve system, which then releases endorphins, the body's natural chemical pain inhibitors.

Tens is proven effective on pain associated with chronic back pain, hip pain, arthritis, rheumatoid arthritis, osteoarthritis, sciatica lumbago, postoperative, fibromyalgia, migraines and many more conditions. It is a completely safe to use, harmless and painless application for the relief of most sciatica related, lower back pain and buttock pain conditions without any harmful side-effects. Treatment is self-administered at home, at work or at any other time.