

Sciatica

Sciatica is a distracting pain that begins in the lower back and extends down one or both legs. It typically worsens with periods of sitting or standing.

The discs between the spinal bones of the lower back are often involved.

Trauma can cause one or more discs to bulge. This crowds nearby nerves, causing irritation and inflammation. Coughing, sneezing or other kinds of movement can be painful. If neglected, the nerve irritation extends down one or both legs along the sciatic nerves. The pain appears in the leg, but the culprit is often the lower back!

What to Do

Sciatica can worsen with bed rest. Medications don't correct the nerve irritation caused by a bulging disc. physical therapy merely increases your tolerance to pain. And surgical solutions make irreversible changes to discs or bones.

There's Hope

Fortunately, improving joint motion in the lower back with a program of chiropractic adjustments has produced results for millions.

It all starts with a free consultation and thorough examination at Sampson Chiropractic. If we think we can help, we'll tell you. And if we don't think we can help, we'll tell you that too and refer you to someone we think can. Get started today.

Frequently Asked Questions:

How do you get sciatica?

Can chiropractic cure sciatica?

How much chiropractic care will be needed?