El Paso’s chiropractor, Dr. Alex Jimenez discusses the causes of sciatic nerve pain and its symptoms. Sciatica, refers to a group of symptoms instead of a single condition. Sciatic pain most commonly affects the lower back, hip, buttocks, and outer side of the leg. The greater majority of the population has experienced some form of low back pain in their lifetime and the causes for their sciatic nerve pain are numerous.

Sciatica is characterized by symptoms of sharp pain extending from the lower back down to the leg, tingling sensations and numbness that is caused by compression, irritation, or pressure of the sciatic nerve. True sciatica occurs where a pinched nerve develops as a result of a degenerative disc disorder, such as a herniated disc or an osteoarthritis bone spur. A herniated disc occurs when the cushion that separates a vertebrae of the spine ruptures, ultimately pushing against the space of the nerve, compressing the sciatic nerve root and resulting in the symptoms of sciatica.
Sciatica Causes and its Symptoms

A bulging disc also causes irritation and pressure against the sciatic nerve roots. A person who developed a bulging disc will experience lower back pain that extends into the leg and often times, also extending down to the toes. The inflammation of the muscles due to a degenerative disc disease may also add additional stress against the sciatic nerve, leading to additional pain and discomfort.

Research shows that low back pain causes more global disability than any other condition. Degenerative disc diseases start developing in people over the age of 55 due to natural wear and tear throughout the years and as the population of the elderly continues to grow, sciatica and its symptoms are becoming more common. The body’s degeneration is inevitable, for some people being faster than other, but with a healthy balance of stretches and exercises, the impingement of the sciatic nerve roots and the sciatica symptoms can be relieved and eased.
Tingling, burning, excruciating pain. That is how some people describe sciatica. This type of pain is characterized as being caused by a spine related issue.

Sciatica is described as a variety of symptoms experienced anywhere from the lower back all the way down to the ankles. The pain may originate from a single of several nerve compression conditions or injuries including a herniated disc or spinal stenosis.

The symptoms of sciatica can vary from individual to individual. Sciatica usually begins with a sharp pain in the lower back but if the root of the problem is left untreated, the pinched nerve can cause additional pain in the body.

Sourced from: www.chronicbodypain.net
Can Sciatica Affect Both Legs?

Sciatica is typically caused by an underlying spinal condition. Herniated discs and pinched nerves commonly occur in individuals who do not exercise enough, but physically fit people have an equal chance of developing spinal related injuries that could lead to sciatica. For more information, please feel free to ask Dr. Jimenez or contact us at (915) 850-0900.
Sitting and Sciatica are closely related. The discs in the spine function as cushions between the bones in the spine. These are considered to be viscoelastic. The discs contain a fluid-like substance and when sitting for extended periods of time, the liquid inside the discs is pushed out, causing them to flatten. Degeneration can magnify this. When this happens, the disc bulges and can place pressure on the spinal nerve causing the symptoms associated with sciatica.
Sitting and Sciatica Pain

Sciatica pain can be solved by a brisk walk, take a few minutes to understand why this works and why laying down is likely the wrong move.

Sourced from: www.regenexx.com

Sciatica pain caused by extended amounts of time sitting can be solved by understanding the function of a degenerated disc. Taking a walk with sciatica reduces the flattening effect that causes the bulge and nerve pressure.
Sciatica is pain that originates when the sciatic nerve becomes irritated. Defined as a group of symptoms, sciatica ranges from mild to severe and is usually caused by a compressed nerve root in the lower or lumbar spine.

Often referred to as back pain, sciatica differs because its symptoms are not limited only to the back. The sciatic nerve is the widest and longest nerve in the body, running from the lower back through the buttocks and down the legs, ending just below the knee.

The sciatic nerve is in charge of controlling various of the lower leg muscles and allows this area to be sensitive to the touch.

Sourced from: www.chronicbodypain.net
Sciatica: When You’re Tingling and Don’t Know Why

Sciatica is a very common symptom of a variety of different conditions. The spine contains discs in between the vertebra which act as a cushion and allows the spine to be flexible. But, in the case of a herniated disc, a disc could be pushed out of place and put pressure on the sciatic nerve, causing the familiar symptoms.

Chiropractic Adjustments for Symptoms of Sciatica

The sciatic nerve is the largest single nerve found within the human body, running from each side of the lumbar spine, through the area of the lumbar plexus, and trailing down into the buttocks, the back of the thigh and into the foot.
Sciatica is a medical term used to define a group of symptoms rather than a single injury or condition. The most common symptom for sciatica is pain in the lower back and, although low back pain can be the result of numerous lumbar spine injuries or conditions, various other common symptoms associated with sciatica can closely suggest its presence. Often a result of damage or impingement of the sciatic nerve, many people affected with sciatica experience burning and tingling sensations along the back of the thigh, followed by numbness or cramping. People suffering from sciatica may have difficulty going through their regular activities but chiropractic care can help relieve the symptoms and treat many other underlying conditions causing the pain and discomfort.

Chiropractic treatment for mild to severe cases of sciatica most frequently involves chiropractic adjustments and manual manipulations, followed by a specialized series of stretches and exercises accommodated to each individual's level of injury or condition and its symptoms. Both of these treatments together may speed up the rehabilitation process as well as improve the health of the spine and ultimately reduce the symptoms of sciatica.

Sciatica is used to identify a set of symptoms on the region of the lumbar spine, generally as a result of a previous injury or underlying condition. Regular symptoms of low back pain, stiffness, and burning or tingling sensations could indicate the presence of sciatica.

Sourced from: www.elpasochiropractorblog.com
Sciatica can best be described as a group of symptoms from an injury or an underlying medical condition rather than a singular disorder. The term is used to specify symptoms of pain, tingling and numbness sensations, or weakness that often originates on the lower back and radiates through the sciatic nerve found in either leg.
Important Facts of Sciatica Symptoms

When it comes to sciatica, the common injuries or underlying conditions causing the symptoms differ greatly based on age. Adults under the age of 60 frequently develop sciatica as a result of a lower back, or lumbar, herniated disc, degenerative disc disease, and isthmic spondylolisthesis. Adults over the age of 60 frequently develop sciatica as a result of degenerative changes, such as lumbar spinal stenosis and degenerative spondylolisthesis. Occasionally, pregnancy, or injuries such as muscle strains and bone fractures, which may create scar tissue, can also begin to develop sciatica symptoms.

Sourced from: www.elpasochiropractorblog.com

Affecting millions among the American population, sciatica can be characterized within a range of minor irritation to a severe, disabling complication. Despite how frequently its diagnosed and treated, there’s an assortment of information about the condition that many individuals do not yet understand and its often a topic of confusion among the general population.
Sciatica is medically defined as a set of symptoms, including radiating pain that can affect the back, hip, and outer side of the leg when the sciatic nerve, which runs down one or both legs from the lower back, becomes compressed due to injury or an underlying condition. Although the symptoms of sciatica can range from mild irritation to severe, disabling pain, the group of symptoms may flare up constantly for many individuals.
Effective Treatment Options for Chronic Sciatica

More than Temporary Pain

For some individuals suffering with chronic lower back pain, or sciatica, their debilitating pain may often continue for many months or even years after their first symptoms, leaving them feeling frustrated and desperate to find relief. It may seem like you’ve already tried all possible options to find permanent relief of your pain and discomfort caused by sciatica or other underlying low back conditions but, many individuals can achieve a pain-free lifestyle by following a few simple guidelines.

Foremost, seeking immediate medical treatment after experiencing chronic sciatica symptoms should be every individual’s first course of action. Because sciatica is described as a group of symptoms rather than a single condition, it’s important for a medical professional to diagnose the individual’s source of pain and discomfort. Direct trauma from an injury that may have caused a spine subluxation or misalignment, or a herniated disc caused by degeneration over time, are common causes for sciatica, however, muscle imbalances can generally be a primary source for spinal complications. A chiropractor focuses on the diagnosis and treatment of musculoskeletal injuries or conditions, among a variety of other neuromuscular disorders, through the use of chiropractic adjustments and manual manipulations of the spine.

If you’ve had persistent sciatica symptoms, a chiropractor can help find the source of your pain and symptoms as well as develop an appropriate form of treatment to best accommodate each individual’s needs. Likewise, chiropractors not only focus on treating the direct injury or condition, chiropractors are also interested in improving an individual’s overall health, fitness, and wellness. Many chiropractors ensure their patients thoroughly understand the cause of their pain as well as recommend stretches, exercises, and nutritional advice along side their treatment to promote a faster, more efficient rehabilitation process.
It’s also important to mention that treating sciatica, as with many other types of injuries and conditions, requires time and patience to properly heal. It might be difficult for you to remain willing to endure the symptoms anymore but chances are, your sciatica occurred gradually over time and treating it may also demand progressive and constant treatment. It’s crucial to invest the right amount of time into getting the proper attention you need for your sciatica and follow your chiropractor’s careful instructions by attending each appointment and following their suggested guidelines to heal sciatica symptoms and obtain an overall, healthy, well-being.

For some individuals suffering with chronic lower back pain, or sciatica, their debilitating pain may often continue for many months or even years after their first symptoms, leaving them feeling frustrated and desperate to find relief. Many individuals can achieve a pain-free lifestyle by following a few simple guidelines.

Sourced from: www.elpasochiropractorblog.com
The trauma sustained from the force of an impact during an automobile accident frequently results in damage and symptoms that can be debilitating and impairing. Various different types of injuries or conditions can occur from the aftermath of an auto collision, however, back injuries are among the most commonly reported complication among the affected individuals. In fact, auto accidents are the leading cause of spinal injuries, accountable for more than 40 percent of spinal complications every year.
The spine is a complex structure surrounded by muscles, tendons, ligaments and other types of tissues. Although it is designed to be strong enough to support the weight of the head and hold the upright posture of humans, the spine is not built to withstand the shock of an automobile accident. The impact strains the muscles and ligaments in the back and the facet joints frequently bear the brunt of the force. This can result in several types of injuries, including whiplash, fractures and disc herniation. Among all these injuries and conditions, sciatica is repeatedly diagnosed throughout many accident cases.

Sciatica Caused by Herniated Discs

Sciatica is best described as a set of symptoms rather than a single condition, characterized by radiating pain along the sciatic nerve, the largest single nerve in the human body.

One of the most common causes of sciatica after an auto accident is a herniated disc. The vertebral discs in the spine primarily function as a shock absorber between each vertebra. The tough yet soft jelly-like structure of the discs acts as a form of cartilaginous joint or cushion to provide smooth mobility to the spine, also acting as ligaments to hold the vertebrae of the spine together. Because the discs can absorb the majority of the shock from any direct trauma to the spine, it is possible for a disc to herniate during a car crash.
A herniated disc is identified when the structure ruptures or breaks open, causing its soft center to push through the small crack in the disc's exterior, compressing and irritating the surrounding nerves. Some people may experience no symptoms while others will generally describe arm or leg pain, depending on the location of the herniated disc. Symptoms of sciatica, including weakness, numbness and tingling sensations are usually experienced in the individual's affected area directly after the incident or several days, even weeks after the automobile accident.

Sciatica is only a group of symptoms for another type of injury or condition. The radiating pain associated with sciatica can interfere with an individual's ability to work and/or enjoy hobbies that one would normally participate in. If a more severe injury or condition is causing sciatica, it's essential to seek immediate medical attention to properly diagnose the root of the pain and discomfort in order to avoid developing chronic symptoms in the future.

Chiropractic for Herniated Disc Symptoms & Sciatica

Chiropractic care is a non-surgical treatment option for a variety of injuries and conditions, including herniated discs and sciatica. Foremost, to treat sciatica, a chiropractor must first evaluate the cause of an individual's symptoms. In the presence of herniated discs, a chiropractor will develop a treatment plan including spinal adjustments and manual manipulations as well as other chiropractic techniques to ease the pain and discomfort. Therapeutic exercises are often recommended together with chiropractic treatment to speed up the rehabilitation process.

The flexion-distraction technique used by chiropractors for herniated discs involves the use of a specialized table which gently stretches the spine. This technique can help move the disc away from the nerve, reducing inflammation of the nerve root, and eventually any symptoms or sciatica or associated pain and inflammation into the leg.
Surgery is another treatment option available for treating herniated discs, but as with any other type of injury or condition requiring surgery, it’s crucial to first seek other forms of treatments which may alleviate the symptoms and leave more invasive procedures like surgery as a last option. Chiropractic care is an alternative treatment option that can be just as effective as surgery, according to research.
Improving Overall Health with Fitness: A Client’s Story

Dr. Alex Jimenez, DC, has helped many people with symptoms of sciatica and other types of injuries or conditions as well as aided individuals simply looking to improve their overall health by following a healthier lifestyle through his chiropractic care and Push-as-Rx ®™ system. Priscilla Sano arrived one day and that’s all it took for her to realize, Push as Rx was the place for her. Her exercise routines had not been consistent before but CrossFit for her was a different experience that changed her view completely. Push as Rx helped Priscilla Sano fall in love with her workouts. Priscilla can count on the knowledge and experience of the trainers to continue showing her the right path in fitness.

Dr. Alex Jimenez’s clinic and PUSH-as-Rx ®™ system is leading the field with laser focus supporting our youth sport programs. The PUSH-as-Rx ®™ System is a sport specific athletic program designed by a strength-agility coach and physiology doctor with a combined 40 years of experience working with extreme athletes. At its core, the program is the multidisciplinary study of reactive agility, body mechanics and extreme motion dynamics. Through continuous and detailed assessments of the athletes in motion and while under direct supervised stress loads, a clear quantitative picture of body dynamics emerges. Exposure to the biomechanical vulnerabilities are presented to our team. Immediately, we adjust our methods for our athletes in order to optimize performance. This highly adaptive system with continual dynamic adjustments has helped many of our athletes come back faster, stronger, and ready post injury while safely minimizing recovery times. Results demonstrate clear improved agility, speed, decreased reaction time with greatly improved postural-torque mechanics. PUSH-as-Rx ®™ offers specialized extreme performance enhancements to our athletes no matter the age.

Sourced from: www.elpasochiropractorblog.com

By Dr. Alex Jimenez
My name is Dr. Alex Jimenez D.C., C.C.S.T, a clinical pain doctor who uses cutting-edge therapies and functional rehabilitation procedures focused on total health, strength training and complete conditioning. We specialize in restoring normal body functions after neck, back, spinal and soft tissue injuries. We take a global physiological treatment approach in order to regain total functional health.

We also use Advanced Chiropractic Techniques, Specialized Diet Plans, Agility Training, Cross-Fit and the PUSH-Rx Rehabilitation System to treat patients suffering from various injuries and health problems.

We have been blessed to perfect our methods with thousand of El Pasoans over the last 26 years. This has allowed us to create fitness and better functional bodies through the researched methods and total programs offered. These programs are natural, and use the body’s own ability to achieve goals of improvement, rather than introducing harmful chemicals, controversial hormone replacement, surgery, or addictive drugs. We want you to live a life that is fulfilled with more energy, positive attitude, better sleep, less pain, proper body weight and educated on how to maintain this way of life.

As an extension to dynamic rehabilitation, we also offer our patients and athletes a diverse portfolio of strength equipment, high performance exercises and advanced agility options. We are very proud to have teamed up with the cities premier therapist and trainers in order to provide high level competitive athletes the option to push themselves to their highest abilities within our facility.
Sciatica Symptoms after an Auto Accident

Remember, you are in control of your life. Take control, learn how improve your health for yourself and your loved ones.

With a bit of work, we can achieve optimal health together.

It's all about: LIVING, LOVING & MATTERING!

God Bless

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