

# Get detail of Sciatica Pain Treatment

Sciatica is pain in places fed by the sciatic nerve; it is in the lower extremities and the sciatic nerve is the longest individual nerve in the body, feeding the area from the lower back down to all the back of the hips and thighs, down to the lower knee, to the feet and toes.

It is a condition that the sciatica pain should reach the lower knee, starting from the lower back to the area of the buttocks and thighs, as a result of provoking this nerve due to a slipped disc or a narrowing of the spine, which leads to pressure on it, and because the function of this nerve is to provide the places that it nourishes with sensation, and provide the muscles; It has the power to do the right reactions. An imbalance and narrowing of this nerve affects these two functions in the places it passes and is nourished by the nerve.



**Sciatica Pain Treatment New Jersey:** The patient can relieve the pain of sciatica at home, especially if the pain can be tolerated, and there is no serious symptom, and this can be done by applying the following:

- Stay away from activities that cause pain, and provide relief for the patient, but it is not recommended to take longer periods of two days in bed.
- Apply cold compresses or ice packs, wrap them with a cloth, and apply them to the pain sites for twenty minutes. This can be repeated several times a day.
- Warm compresses can also be applied and exchanged with cold compresses for pain areas two or three days after you start feeling sciatica pain.
- Lower back stretching exercises to improve the patient's condition and relieve pressure on the nerve root.
- Aerobic exercise; with the patient explaining to the coach what he is suffering, so the trainer must choose physical exercises that improve the patient's health, and avoid any exercises that can make the matter worse.
- Pain relievers that can be taken without a prescription, such as ibuprofen and naproxen, can be taken.

If the patient does not improve on home remedies, he can refer to the doctor to prescribe other drugs that can improve his condition, in which case the doctor can prescribe to the patient one of the following medicines according to his condition:

- Anti-inflammatory drugs.
- Muscle relaxants.
- Analgesics and anesthetics for pain.
- Anti - depression tricyclic (in English: Tricyclic antidepressant).
- Anti - epilepsy.

After the patient's symptoms subside, the [Sciatica Doctor Near Me](#) may prescribe a patient's physical therapy program to strengthen the patient's muscles, adjust his body position, and improve his muscle elasticity. Some doctors may resort to using corticosteroid needles at the root site of the sciatic nerve in the back, and these needles can reduce the pain for a few months, then the therapeutic effect of the corticosteroid will be removed.



### **Symptoms of sciatica**

What distinguishes the symptoms of sciatica is that the pain should extend until the lower knee, and if the pain does not extend to the bottom of the knee, the symptoms are not caused by the sciatica, and the other symptoms accompanying the sciatica are: the pain is in the lower back.