

What Are The Treatment Options For Sciatic Pain?

Sciatic nerve pain is a sharp shooting discomfort that moves from your back to your buttock, moving straight to your calf. It usually attacks one side of the body. Many reasons can affect sciatic pain, like holding a too-heavy object, a sudden bend, or an accident. All these can sometimes pressurize your sciatic nerve and can cause pain. It can be treated, and you should talk to your [back pain relief center](#) about the treatment options.



You should avoid or stop smoking, as it can contribute to disc degeneration. If you sit too much, you should avoid sitting for too long. Take breaks between your working time.

Treatment options for sciatica:

When your doctor examines you, you will likely be given tips for **sciatic back pain treatment**. Continue your daily activities as much as you can. Some standard at-home therapies are:

- **Use of cold and hot packs:**

You can use the hot and cold packs for the affected area. Use a heating pad or a pack of frozen peas by wrapping them in a towel. This will help you reduce swelling and redness, and this will help you calm the pain.

- **Stretching:**

Do some gentle stretching to keep your lower back moving. You can talk to a physician for better exercise and stretching. A trained instructor will help you with your injury. Many online videos also available can help you do some stretching at home.

You may also look for free videos online to help you find the proper stretches. Make sure to consult with a medical professional first before starting a stretching routine.

- **Prescription drugs:**

Prescription drugs, such as aspirin and ibuprofen, can help relieve pain, swelling, and inflammation. Avoid taking aspirin in more quantity as it may cause concerns like stomach bleeding and ulcers.

- **Regular exercise:**

Your body emits more endorphins the more active you are. Begin by sticking to easy exercises like swimming and stationary cycling that do not hurt your back.

Make an activity plan that combines aerobics, core stability, and strength training as your pain diminishes and your persistence increases. You should include these features to reduce your risk of later developing back issues. Before beginning a new fitness regimen, always consult a doctor or physical therapist to ensure it is safe.

- **Physical therapy:**

Exercising can help you improve your posture and helps to strengthen your back muscles. Contact the best physical therapist to help you.

- **Prescription medication:**

Ask a **back pain treatment center** for muscle relaxers, pain relievers, oral steroids, or anticonvulsants for back pain relief.

- **Surgery:**

Surgery is the last option if the following [back pain treatment](#) does not show any results. You may require surgery if you are experiencing extreme discomfort, have lost control of your bowel and bladder, or have weakened in any lower extremities muscle groups.



The two most popular surgical procedures are discectomy, in which the doctor removes the part of the disc pushing on the sciatic nerve, and microdiscectomy, in which the doctor removes the disc through a tiny incision under the microscope.

In Conclusion:

Back pain can be treated, and if you do not treat it can worsen with time. Talk to your doctor and schedule an appointment with your **back center in new jersey**.

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