

# What Are The Main Causes Of Sciatic Back Pain?

Sciatica pain can sometimes be mild, and sometimes it can be worse. The pain of sciatica comes along the path of the sciatica nerve; it travels through your hips and buttocks and then goes straight down to your legs. It usually happens only on one side of the leg.

Sciatica usually occurs when a herniated disk or an overgrowth of bone puts stress on the part of the nerve. The pressure can cause inflammation, pain, and numbness in the affected leg. The pain can be severe, and in most cases, the treatment for sciatica goes quickly.

People with severe sciatica, leg weakness, or bowel or bladder differences may need to visit the [back doctor nj](#) and discuss the symptoms.



The mild sciatica symptoms usually disappear over time. You should call your primary care provider if the pain does not go with time. Also, visit **back pain specialists in new jersey** or call if the pain lasts longer than a week, is severe, or worsens.

## What are the symptoms of sciatic back pain?

Nearly everywhere along the nerve route may experience sciatica discomfort or pain. A path from the lower back to the hips to the buttock, the back of the thigh, and the calf is particularly likely to be followed.

The discomfort may range from a dull ache to scorching, stabbing suffering. It can sometimes feel like an electric shock in the legs and also cause numbness in the leg. Coughing, sneezing, or prolonged sitting and walking may worsen the pain. Sciatica generally only involves one side of the body.

Moreover, some people experience tingling, numbness, or muscle weakness in their feet or legs. There may be pain in one leg area and numbness in another.



### **What are the causes?**

Sciatica pain happens when the sciatic nerve becomes stressed by a herniated disk in the spine or an overgrowth of bone called bone spurs forming on the spinal bones. More rarely, a tumor can stress the nerve, or a condition such as diabetes can harm the nerve.

### **What are the risk factors?**

Risk factors for sciatica include:

#### **Age.**

Age is one of the most common factors affecting the spine, such as herniated disks and bone spurs, which are the most common reasons for sciatica.

#### **Obesity.**

Being overweight increases stress on the spine.

#### **Prolonged sitting.**

People sitting for a long time can have back pain, sometimes leading to sciatica pain. Move for 5 to 10 minutes in between.

## Diabetes.

A diabetic person can get affected by sciatica pain which increases the risk of nerve damage.

## What are the prevention measures for sciatica pain?

Sciatica may reoccur, and its prevention is not always possible. To safeguard your back, you need to take care of it :

Regularly moving around and working the core muscles in the lower back and abdomen, which is necessary to maintain proper posture and alignment to keep the backbone strong and straight. You can take suggestions from a medical professional or ask your **back pain doctor, Clifton**, for exercises.

Maintain proper posture while sitting. Choose a seat with armrests, a swivel base, and decent lower back support. Place a cushion or rolled towel in the small of the back to maintain its natural curve for better low back support. Keep your hips and knees level.

Make proper use of your physique. When standing for extended amounts of time, occasionally rest one foot on a stool or small box. Ask for help if you lift something, don't do it alone.

## In Concluion:

Sciatica pain can be dangerous if not treated; if you notice such symptoms, then visit the doctor for [sciatic back pain treatment](#).

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