

Can Sciatica Pain Be Treated Without Surgery?

Sciatica pain goes down the back to the thigh and the legs and causes extreme shooting pain. The reason can be irritation of one or more of the lower spinal nerves, and the pain may be mild discomfort and sometimes deep developing pain.

It is good to know that if you treat sciatica on time and use conservative methods to treat it, you will get relief within a few weeks and without surgery.

Improving your back core and strengthening it can relieve sciatica pain.

While some doctors may suggest surgery as a treatment for sciatica after noninvasive measures have failed.

Nonsurgical treatments may include a longer recovery. Talk to your doctor about [sciatic back pain treatment](#), and your doctor will determine the best treatment for you.



Chiropractic, massage, and acupuncture therapies

Alternative sciatica therapies may also help with pain management. A chiropractor can adjust your spine to facilitate better spinal function, stimulate spinal mobility, and relieve pain. Chiropractic care can help cure sciatica-related lower back pain, but it works less well for radiating pain.

You may have stiff muscles because of your sciatica discomfort. Pain-managing chiropractic can make your muscles more flexible and mobile with massage therapy. It can also aid with pain relief. According to the research, acupuncture can be effective in treating sciatica. Visit a certified [back pain doctor Clifton](#) or an acupuncturist if you need the practice.

Medications

The initial line of therapy for sciatica pain is routine physical treatment. But your doctor might advise you to take medications if your symptoms don't go out. Your doctor may prescribe some common types of drugs for sciatica pain, including:

- anti-inflammatory drugs
- muscle relaxants
- Narcotics

Anti-inflammatory drugs can decrease inflammation and sciatica signs. They also contain COX-2 inhibitors, which block hormones and stop the pain.

Narcotics and muscle relaxants help soften the muscles that sciatica has caused to become tight. Steroid injections into the epidural space also help to reduce the pain. This process involves inserting a corticosteroid and numbing anesthetic into the gap between two vertebrae.



Use cold and heat to relieve sciatica pain.

The use of a cold pack can help in relieving the beginning of sciatica pain. Apply a cold pack, or you can use a frozen peas pack, use a towel and apply it directly to the painful area.

Applying a cold pack can relieve you when you first start experiencing sciatica pain. Cover a cold pack or a bag of frozen peas in a towel, and use it on the hurting area a few times a day for up to 20 minutes. This will ease the pain and will give you relief.

You can try a hot pad instead if the cooling pad doesn't give the desired results. Put the heating pad on the affected area a few times a day. If you see some changes in the pain, use both hot and cold pads on alternative days.

Contact your **back pain specialists in the woodland** if you do not get relief from both.

Viewpoint

Sciatica pain is a threat and makes everyday life more challenging with it. But some treatments can cure it, and the treatments effectively reduce symptoms. Contact your **back pain specialist Clifton** to determine which **sciatic nerve pain treatments** are best for you.

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