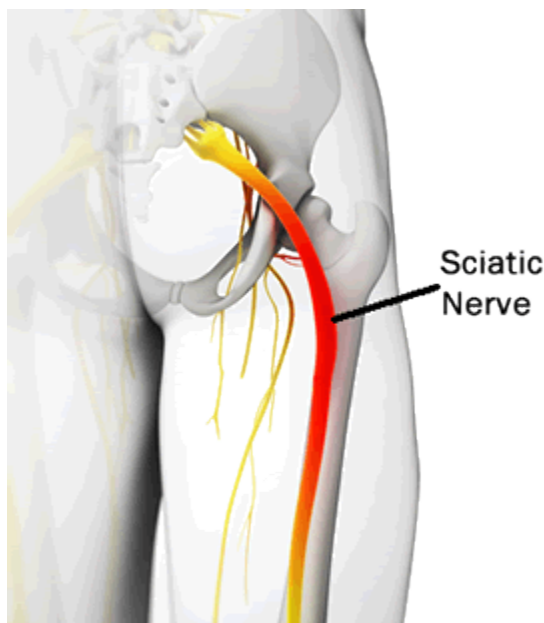


Finding Sciatic Expert Help for the Fort Wayne and Surrounding Areas

If you are looking for a Sciatic Expert in the Fort Wayne and surrounding areas, Dr. Bosler and her staff are here to help. According to the [Mayo Clinic in terms of sciatica](#), “Sciatica most commonly occurs when a herniated disk, bone spur on the spine or narrowing of the spine (spinal stenosis) compresses part of the nerve. This causes inflammation, pain and often some numbness in the affected leg. Although the pain associated with sciatica can be severe, most cases resolve with non-operative treatments in a few weeks.”

It only takes a few pounds of pressure in the wrong spot in your lower back to set off an entire barrage of symptoms. When you have fatigue, chronic pain, and numbness all at once, you may find the normal challenges of daily life too much to handle. Sciatica is a common nerve issue that can suddenly flare up when you wake up or bend over to pick up your toddler. Learn about the symptoms, causes, and risks of sciatica to free yourself from the burden of hip and leg pain.

What is Sciatica



Pain from sciatica can radiate from the buttock down the leg and can travel as far as the feet and toes.

When an injury or strain leads to pressure on the sciatic nerve, you will end up diagnosed with sciatica. This nerve usually becomes irritated by a case of compression somewhere in

the lumbar region of the spine. While many people mistakenly assume that this term refers to general back pain in that area, there is a range of specific symptoms that help sciatica stand out from other problems of the spine or nerves. Since the sciatic nerve is the longest one in the body, it can cause pain in a surprising range of locations.

Sciatica Symptoms

If you are dealing with irritation in the back alone, you may or may not have sciatica. Call our New Haven team when experiencing other symptoms like:

- Leg pain that is worse when seated
- Lasting pain in the rear or hips
- Restriction in movement or reduced flexibility
- Stabbing sensations that makes standing difficult
- Irritation that extends from the hip to the foot
- Weakness in the legs
- Symptoms on one side of the body or the other

Cause of Sciatica

Nearly all cases of sciatica involve compression of the nerve as it passes through the lower spine or the hip. Narrowing of openings in this area can seriously affect your legs. A sampling of the causes of sciatica include:

- Spinal stenosis – a conditional that narrows the spinal canal
- Misalignment – when the vertebra don't move as they should
- Herniated discs – A bulging spinal disc puts a lot of pressure on nearby nerves
- Bone spurs – rough edges on the vertebra

Sciatica Risks

While some patients develop severe sciatica pain unexpectedly one day, there are a range of behaviors and inherited risk factors that increase the chance that you will experience this condition. Try to eliminate risks like:

- Sedentary lifestyle that involves a lot of sitting and little walking or standing
- Smoking and alcohol abuse

- Playing full contact sports or activities that require repetitive bending or twisting
- Obesity and excess weight
- Failing to stretch and warm up before exercise
- Traumatic injury to the hip, legs, or back

Sciatica Treatment Options

It is possible to avoid and relieve the pain of sciatic nerve compression with some self care. However, you shouldn't have to skip over your favorite activities just to prevent irritation. Don't agree to surgery before sampling some of the conservative options we offer at our New Haven clinic. You can find long lasting relief without turning to surgery by trying our treatments that include:

- Chiropractic care and massage to eliminate the compression on the nerve
- Exercise plans that help you build muscle strength without further damage to the nerve
- Recommendations for heat and cold therapy to relieve irritation

Find Solutions for Sciatica

When you enter our conveniently located clinic, you become a part of our family. Your recovery from the pain and limitations of sciatica is our priority. We start with a full suite of tests to determine if any old injuries or recent infections are causing your issues. Once the issue is pinpointed and fully understood, we can start reversing the damage and pressure that is leaving you uncomfortable. No matter what problem lies behind the sciatic pain, Spinal Healthcare & Physical Medicine can handle it—contact us today!

Call now for a FREE Consultation (260) 493-6565). Consultations can be done online, via the phone, or in person.