

## Sciatica-that annoying pain in the a\$&!

Recently diagnosed with sciatica or sciatic nerve pain? Or just curious as to what sciatica is? A pain in the butt! Sciatica is a blanket diagnosis given for numbness, tingling, pain, compression of nerves, and/or damaged nerves in the low back/buttocks. Its vague and it only identifies a symptom, not the cause of the pain in your a\$&. Fairly often, we have clients come in and complain that their sciatica is flaring up. It is our job to help you figure out why you are experiencing sciatic nerve pain.

Unless, it was due to a recent injury, sciatic nerve pain typically isn't caused by 1 thing.

Nerves in the body consistently start with 1 name and as they meander throughout the body they become known by another name, then branch off and become yet another as they pass through a different spot. Similar to rivers and streams on a map. So what has been vaguely labeled as sciatica, may be a problem with the pudendal nerve. Then there are the bones involved. The term, "Caught between a rock and a hard place", can be perfect when considering that the branches of the sciatic nerve shoot out on either side of the spine then take a dive down between your hip bones and your sacrum. At this point, the pain problem might be related to the sacroiliac joints.

More often than not, some form of habitual misuse, lack of proper ergonomics, nerve impingement or muscle weakness create sciatic pain. Usually all of those pieces play a part. 80-90% of people diagnosed with sciatic nerve pain get relief from non-surgical routes. At HOPE Wellness, we offer just that...HOPE. We take a look at core muscle weakness, angles of your neck, spine, hips, knees, ankles. Go over sitting positions, gait, check the ergonomics of the seat of your car, and give you stretches and exercises tailored to your specific needs.