

# SCIATICA

## Leg Pain You Don't Have To Live With!

Dr.'s Boyd & Cindy Williams

Sciatica is a severe pain in the leg caused form compression or irritation of the sciatic nerve. **The sciatic nerve is the largest (and longest) nerve of the body.** It is about the size of your thumb in diameter and runs down the back of each leg. When the nerve is irritated or affected by the inflammation of nearby soft tissues, doctors refer to this as sciatica.

One of the most common causes of sciatic leg pain is the Vertebral Subluxation Complex. Simply put this is a spinal bone which is stuck and/or out of place, causing pressure and stress on the nerve(s). It can be accompanied by the bulging or herniation of the disks which separate each spinal bone. This can irritate or put pressure on the sciatic nerve roots as they leave the spinal cord. The result can be an intense pain shooting down either or both legs.

In the past, treatment has involved pain medications, muscle relaxers, physical therapy and even surgery. The chiropractic approach is to use gentle, carefully directed and controlled pressure to remove the interference form spinal structures. These chiropractic “adjustments” can be quite effective in reducing nerve irritation and its associated pain.

In a British study of 741 patients, sciatica suffers receiving spinal adjustments got better results than those receiving medical treatment. Chiropractic treatment for sciatica frequently prevents surgical intervention, which is only about 60% successful. **Many studies show conservative chiropractic care is safer and often more effective than back surgery.**

Sciatica, like other health problems that can be traced to the spine, often responds dramatically to the restoration of normal spinal function through chiropractic care. Find out if yours is a chiropractic case and enjoy the positive results that millions of patients have discovered.

For more information on this or other health topics, including information about our services, go to [www.creatingfamilywellness.com](http://www.creatingfamilywellness.com) or call us at 507-281-4878.