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Get rid of sciatica pain through physiotherapy by [Jamesms](#)

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Did you know that sciatic nerve is the largest nerve in the human body? Sciatic pain is usually felt in the lower back area and runs down up to knees. The entire region from lower back, thighs and knees are the areas that are badly affected due to pain in this nerve. The reason for sciatica is usually known to be compression of the nerve leading to irritation and inflammation. It leads to pinching sensation in the area leading to irritation, tumour, internal bleeding, injury, infection etc. The symptoms include pain, tingling sensation, numbness, hip pain, buttock pain, pain in thighs, back pain and the like. People who suffer from sciatica usually find pain while standing or sitting and find relief only when they are in sleeping position.

To get rid of this horrible and nasty pain is possible only when you opt for the right kind of treatment method. After taking a look at the x ray and MRI scan a doctor usually suggests to go for physical therapy. This pain can be effectively cured only by physical therapy. If you have been diagnosed with sciatica do not ever opt for the exercises that are mentioned in the websites or magazines for curing back pain. You would end up in muscle jerk, tear or may worsen the condition all the more.

Although surgery is known as an effective solution for sciatica it is only recommended to people depending on their condition and severity. Consult a physical therapist who can go through the reports, tests and then decide the right way of dealing with it. With constant exercise and advice from the therapist you can get rid of the pain. A therapist can suggest you the exercises and would assist you in performing them. It is advisable to perform the exercises only under the guidance of the therapist lest you may end up in worsening the situation. These exercises require professional assistance. Once you are accustomed to the exercises the therapist suggests you to continue doing them on your own at your house.

A physiotherapist suggests exercises and also diet schedule (if needed). By adhering to his suggestion strictly you can get relieved of the pain up to a large extent. If you are suffering from back pain continuously for more than a couple of days then it is not advisable to delay anymore and check with a doctor. Most of the back aches and pain in nerves can be effectively relieved only when diagnosed and treated in early stage.

Although there are many people who suggest for injections, pain relievers and sprays to get relieved from the pain, it is important to understand the root reason of the pain. These analgesic sprays and tablets only provide temporary relief but for permanent relief you should consult a physiotherapist. Find out the best therapist of your town or city and take an appointment. If you are suffering from nasty back pain or sciatica the get relieved from the pain permanently.

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