**BLOG – What are the Treatments for Sciatica (Nerve Pain)?\_d2**

Cutting Edge Integrative Pain Centers

What are the Treatments for Sciatica (nerve pain)?

**Keyword**

Sciatica

**Target Web Page:**

N/A

**Description Tag** (152 characters):

Learn the treatment options for sciatica nerve pain from Cutting Edge Integrative Pain Centers. Call 574-821-4363 to schedule your initial consultation.

**Title Tag / Headline**: What are the Treatments for Sciatica (Nerve Pain)?

Approximately 10 percent of Americans that suffer from lower back pain actually have sciatica. Compressed spinal nerves, commonly known as pinched nerves, in the lower back often cause sciatica—a sharp pain that radiates along the sciatic nerve. This pain may affect the lower back, hips, buttocks or outer side of the legs.

**Sciatica treatment options**Back pain associated with overuse or muscle tension is very different from the nerve pain caused by sciatica. Treatment options for sciatica include:

* **Acupuncture**  
  An alternative pain management technique that targets the sciatic nerve, encouraging muscle relaxation and proper blood flow along the sciatic nerve. It involves inserting thin needles into the body.
* **Yoga, exercise and stretching**Certain yoga positions help stretch the hamstrings, which is an effective way to relieve sciatica pain as well as align, lengthen and strengthen the lower back.
* **Chiropractic care**Professional spine adjustments help lessen nerve inflammation, decrease pain and relax tense muscles. The goal of chiropractic care is to promote self-healing.
* **Trigger point massage**A professional massage technique that isolates and applies pressure to certain trigger areas responsible for causing sciatic pain. Trigger points are different areas of the body that produce referral pain to the sciatic nerve.
* **Medications**  
  Over-the-counter or prescription anti-inflammatories, pain relievers and muscle relaxants may help reduce the pain associated with sciatica.
* **Epidural steroid injections**A minimally invasive procedure that directly supplies the area around the sciatic nerve with steroids to help lessen inflammation.
* **Surgery**Sciatica due to lumbar disc herniation (ruptured or herniated disc) is often treated with surgery in order to remove only the portion of the herniated disc that is affecting the nerve and causing pain.

For expert treatment for your nerve pain, call 574-821-4363. The skilled pain care specialists at Cutting Edge Integrative Pain Centers have over 30 years experience treating nerve pain and herniated discs associated with sciatica.

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