

Symptoms

Severe pain in a buttock and/or down the side of a leg from the lower back.

Aching feeling in the buttock, hamstring or calf.

Pain in the ankle or foot.

Pins and needles.

Loss of power to the muscles in the leg and foot.

Pain affecting the lower back, hip, and outer side of the leg, caused by compression of a spinal nerve root in the lower back, often owing to degeneration of an intervertebral disc.

Usually, sciatica only affects one side of the lower body and the pain often radiates from the lower back all the way through the back of the thigh and down through the leg.

Be sure that it is not Shingles nerve pains without sores.

Typically, symptoms are only on one side of the body. Certain causes, however, may result in pain on both sides. Lower back pain is sometimes but not always present. Weakness or numbness may occur in various parts of the leg and foot. About 90% of the time sciatica is due to a spinal disc herniation pressing on one of the lumbar or sacral nerve roots.

Sciatica Treatment

Regardless of where your Sciatica nerve pain is felt it is important to get it cured as untreated Sciatica can lead to permanent nerve damage.

Most sufferers can get relief from the Sciatica symptoms or even a short term cure by simply lying down and taking the pressure of gravity from their body. In some cases however it can be very difficult to find a position that is comfortable as the pressure from a disc bulge or herniation has built up on the Sciatic Nerve in the lower back region.

9,000,000 items came up on Sciatica in Google.

Dr Bill Reeder identified and fixed my Sciatica in minutes after I'd had it for years and no one could help. He identified sciatica in many friends and fixed it in minutes. He is at 458 Airport Rd, RD 3, Hamilton 3282, at the Narrows, 2nd house on left west of the bridge. Ph 07-856-8568. wjr@wave.co.nz
He has a very good web site at www.medcom.co.nz

He diagnosed my shingles after two before him couldn't. My doctor was away.