



The Clinic NEWSLETTER for Eastbourne Chiropractic Clinic



5 Old Orchard Road, Eastbourne, East Sussex BN21 1DB

Tel: 01323-733361

e-mail: info@eastbournechiropractic.co.uk

AUTUMN 2012

Newsletter no 6

SCIATICA

The **Sciatic nerve** is the longest and largest of all the bodies nerves. It originates in the lower spinal column near the pelvis, runs down the back of each leg and can be the size of your thumb in diameter. Each sciatic nerve is made up of five smaller nerves that branch into the thigh, knee, calf, ankle and foot.

Symptoms

Sciatica is associated with pain, numbness and muscle weakness and occurs when the nerve is inflamed, irritated or compressed.

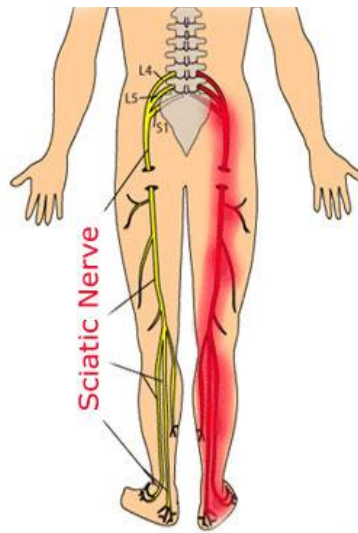
Causes

One of the most common causes of sciatic leg pain is due to a misaligned lower spine that is pinching the root of the sciatic nerve.

This can be accompanied by a bulging or herniated disc (soft cushion-like material that separates each vertebra) which puts pressure on the sciatic nerve roots as they leave the spinal cord. This can result in intense shooting pain down either or both legs.

A faulty **Pelvic** alignment could put the gluteal muscles under duress and the sciatic nerve will be “pinched” as it passes through the buttocks.

Less common causes would include arthritis, diabetes, and any degeneration as a result of long-term stress on the lower back. Often traumatic events are not the cause of sciatica. Standing, sitting, walking, running, lifting, bending, twisting or even sneezing can bring on symptoms.



With sciatica it is common to have pain and/or numbness located at the back of the thigh, calf or foot. This is usually preceded for a few weeks by lower back pain until eventually the leg pain becomes worse than the back pain.

The pain can be either dull or aching or can be a shooting pain down the leg all the way to the toes. The length of time this pain can last for varies, however someone who has had sciatica for a long period of time will find the pain can become excruciating and localizes in the buttock and thigh. In severe cases it can damage nerves and reflexes and cause the calf muscle to deteriorate, and occasionally paraesthesia (tingling) and weakened bladder function.

Treatment

In the past, **treatment** has involved pain medications, muscle relaxants and surgery and many times people with sciatica wait until the pain becomes unbearable before they contact anybody for help. It is important to contact your Chiropractor when the pain originally begins as waiting can cause long term damage.

Chiropractic

The first thing a **Chiropractor** will do is review your complete medical history to determine when the problem began and the possible causes. Then a complete physical and chiropractic examination is performed. X-rays may be taken to try and establish the source of the nerve irritation. Once this has been done, the results will be discussed with you and recommendations made for treatment. Sometimes a Chiropractor will find the source of the nerve irritation and use manual adjustments to correct the spinal alignment. These adjustments are designed to remove the irritation that is pinching the sciatic nerve and causing the pain.

Some medications can help ease the pain but never heal the Cause, and surgery should always be a last resort.

Chiropractic Care works, so contact a Chiropractor today if you, or a member of your family or friends, experience any of the symptoms of sciatica.

coming soon----**MASSAGE THERAPY**

We are pleased to announce that **Christine Redman**, who has many years experience in both massage and aromatherapy will be joining our Eastbourne Clinic initially on Wednesdays.

Massage therapy helps to:

- Relax tense muscles
- relieve pain
- Reduce stress and relax the mind
- Improve blood flow
- Improve ones physical function
- Increase feeling of well being

What does it involve?

Touch is used to locate areas of stiffness, pain or tension and then various techniques involving pressure, friction or stretching are used to promote circulation and release tension.

You don't need to be an existing chiropractic patient or need a referral for a massage treatment. Treat yourself or a loved one to a relaxing pamper. Call today!
01323 733361

We'd like to express our thanks for your continuous support in referring your friends and family to us. We rely on you to spread the word!
Hilton & David

*Do you like our new logo?
Have you seen the original artwork on the front of the building?*

Let us know what you think?

There will be an article about Sam the artist, in the next Newsletter.



**£20 Introductory
Massage fee**

Normally £35

Your family and friends can get a reduction on the cost of their 1st massage up to 19th December 2012. Please quote Newsletter no. 6 when booking your appointment.
Tel: 01323 733361