

## Stretches to Relieve Sciatica Pain

*Sciatica is a combination of symptoms that are common with back or leg conditions. While there are several treatment options available, slight cases of sciatica can be treated with simple physical exercises and stretching.*

**April 29, 2010 - [PRLog](#)** -- Do you have sciatica symptoms that are troublesome in daily activities? Sciatica is a combination of symptoms that are common with back or leg conditions, such as a herniated disc or lumbar spinal stenosis. Symptoms include pain or weakness in the lower back and legs. While there are several treatment options available, slight cases of sciatica can be treated with simple physical exercises and stretching.

The purpose of physical therapy is to boost your bodies' strength and range of motion. In doing this, you build the stability of the back to avoid injury or other complications that may put pressure on the sciatica nerve. Increasing flexibility will allow more movement without causing problems as well.

Other treatments include pain killers, steroid injections or surgery. While they each have their own advantages and may be necessary for severe sciatica, they pale in comparison to physical therapy. Sciatica stretches are a natural way to better train the body to deal with sciatica and they are a more favorable treatment option than popping pills, getting steroid injections or paying too much for surgery.

Learn more about how sciatica stretches are a great long term solution to deal with back and leg pain at <http://sciatica-stretches.com/>

--- End ---

Source	Jerry Koffler
Industry	Disability
Tags	<a href="#">Sciatica Stretches</a> , <a href="#">Sciatica Symptoms</a> , <a href="#">Sciatica Pain</a>
Link	<a href="https://prlog.org/10655275">https://prlog.org/10655275</a>



Scan this QR Code with your SmartPhone to-

- \* Read this news online
- \* Contact author
- \* Bookmark or share online