

Healing Sciatica Pain with Laser Therapy

What is sciatica?

Sciatica is a symptom of a problem with the sciatic nerve, the largest nerve in the body. It controls the muscles in the back of your knee and lower leg and provides feeling to the back of your thigh, part of your lower leg, and the sole of your foot. When you have sciatica, you have pain, weakness, numbness, or tingling. It can start in the [lower back](#) and extend down your leg to your calf, foot, or even your toes.

What are the causes of sciatica?

Causes of sciatica include:

- a [ruptured or herniated intervertebral disk](#)
- narrowing of the spinal canal that puts pressure on the nerve ([spinal stenosis](#))
- an injury such as a pelvic fracture

What are the symptoms of sciatica?

Common symptoms of sciatica include:

- pain in the rear or leg that is worse when sitting
- burning or tingling down the leg
- weakness, numbness, or difficulty moving the leg or foot
- constant pain on one side of the rear
- shooting pain that makes it difficult to stand up

What are the effects of having sciatica?

Sciatica usually affects only one side of the lower body. Often, the pain extends from the lower back all the way through the back of the thigh and down through the leg. Depending on where the sciatic nerve is affected, the pain may also extend to the foot or toes.

For some people, the pain from sciatica can be severe and debilitating. For others, the sciatica pain might be infrequent and irritating, but it always has the potential to get worse without treatment.

What are other causes of sciatica?

Additional common causes of sciatica include:

- **[lumbar spinal stenosis](#)** - narrowing of the spinal canal in the lower back
- **degenerative disc disease** - breakdown of discs, which act as cushions between the vertebrae

- **spondylolisthesis** - a condition in which one vertebra slips forward over another one
- pregnancy

What can make sciatica worse?

Other things that may make your **back pain** worse include:

- being **overweight**
- not exercising regularly
- wearing high heels
- sleeping on a mattress that is too soft

How can laser therapy help?

Deep tissue laser therapy with our Class IV Lasers at Carmen Care can reduce and/or eliminate your sciatica pain! It could take as little as one session to start feeling immediate pain relief, and usually we can start to get more lasting pain relief for you within 10-15 sessions.

The following are the benefits that laser therapy can provide for you over time:

- reduce or eliminate pain in the sciatic nerve area
- reduce or eliminate shooting pain down the leg
- provide more flexibility in the area and in the lower back
- offer you more strength in the lower back
- reduce or eliminate your dependency on medication
- eliminate the need for surgery

We are here to help educate you and offer alternative solutions for your health challenges! Stop by Carmen Care today to get started on your path to Wellness!