

Yoga for Sciatica

Sciatica is a painful condition characterized by symptoms ranging from sharp pain through the lower spine, a stabbing sensation in the buttock, to knee or ankle pain, or even numbness or burning in the leg. **Sciatic pain** is common in individuals of any age with lower back problems, the obese, pregnant women, and the elderly. Yoga can provide relief from this condition which causes temporary but acute pain in nearly every adult at some point in their lives; **sciatica** can cause debilitating pain if left untreated.

Many of us spend too much time sitting in chairs and this adds to the compression of the nerves in the lower spine. **Sciatica** can stop us from doing basic tasks we enjoy and contributes to a reduced quality of life, lost days of work and decreased employee productivity. Individuals who have **sciatica** are often crippled by it, and are driven to seek relief from conventional medical treatment, alternative therapies, and "miracle" cures. A basic program of yoga, moderate physical exercise and stretching throughout the day go a long way to preventing recurring sciatic pain.

Before starting a yoga program to treat your **sciatica**, it is important to have an understanding of the cause of your pain. The sciatic nerve is the largest and longest nerve in the body, running from the lower back down the back of the leg to the foot. **Sciatica** is a symptom of a problem at some point along the sciatic nerve rather than an ailment in and of itself. Seated forward bends, reclined & supported back bends, spine lengthening asanas and twists are the Rx for **sciatic pain**.

A herniated disc in the back can cause **sciatica**, as can Spinal Stenosis and Piriformis Syndrome. For those individuals with recurring **sciatic pain**, finding the specific action(s) that cause the pain can be mysterious and elusive. As always, a consistent program of moderate exercise to keep the body fit is the most effective tool against sciatica. The most common cause is a Lumbar Spine Disorder, such as a herniated (slipped) disc in the lower back or degenerative disc issues. These disorders not only cause lower back pain and stiffness, but compress the sciatic nerve. Disc degeneration is a normal part of aging but need not stop elderly yogis from practicing and experiencing all the benefits of yoga.

If you are experiencing symptoms that are a result of **sciatica**, HourGlass Fitness and Wellness can help! Our Gentle Hatha Yoga class is designed specifically as a therapeutic class to aid in the treatment of **sciatica** and many other painful conditions. Check our schedule at www.hourglassfitnessandwellness.com or call 913.269.7990 to find out when we hold a class suited to your needs. You can always come to any class for FREE to see what we do. Come give us a try. You will find that yoga is more effective for your long-term health, provides more fun and fellowship, as well as therapy for your **sciatica** without the time and money commitment of physical therapy.