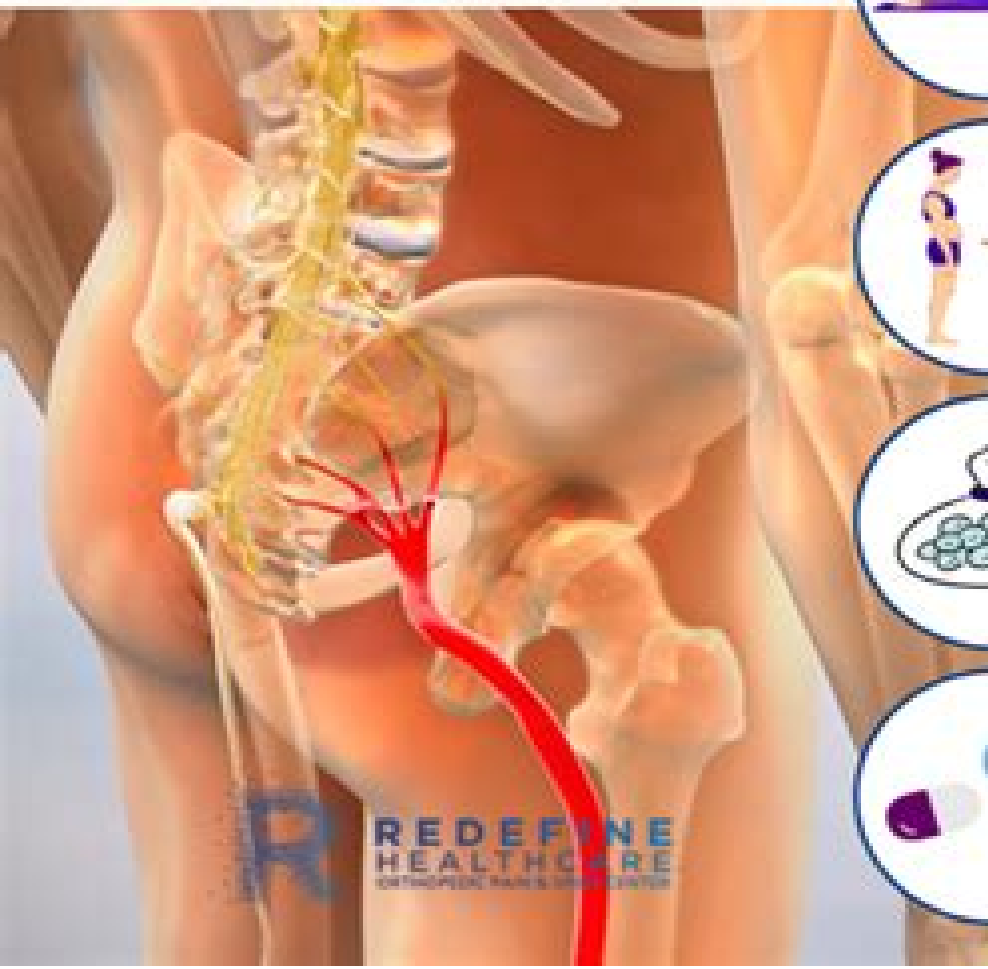


SCIATICA SELF-CARE:

5 At-home Remedies for Low Back and Leg Pain



Exercise Is Effective for Pain Relief

It may seem unusual to exercise when you are suffering from pain, but research shows that lying in bed for a long time can further aggravate your back and leg symptoms.



Stretching It out Helps

Incorporating gentle stretching into your daily routine will help you in more than one way.



Correct Your Posture

Sciatica pain can be controlled or relieved by correcting posture. If you work at a desk or sit in the same position for too long, it can spike sciatica pain.



Apply an Ice Pack and Heating Pad

Ice helps to reduce inflammation, while heat promotes blood flow to the painful area and eases the pain.



Check Out Over-The-Counter Medications

Over-the-counter medications can reduce the pain, inflammation, and swelling accompanied by sciatica.

Relieving Sciatica Using Complementary Medicine To Overcome The Pain Of Sciatica

Xiang Xie



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