

# *Alderete Chiropractic*

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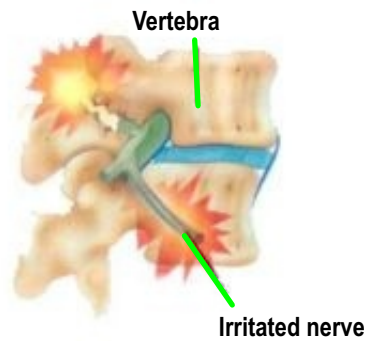
## What Causes Sciatica?

**Sciatica** is an inflammation of the **sciatic nerve**, the longest nerve in your body. It runs from your lower spine, through your buttocks, and into your leg and foot. So when the sciatic nerve is inflamed, it can cause numbness, tingling, pain, or weakness in your lower back and leg.



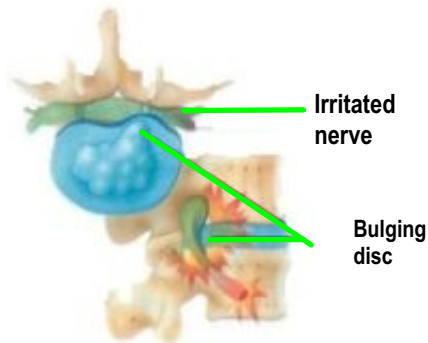
### **Inflamed Joint**

If a bone (**vertebra**) in your lower back isn't moving properly or, is out of position, the joint can become inflamed and irritate the sciatic nerve.



### **Bulging Disc**

If one of the cushions (**discs**) between your vertebrae has started to bulge, it can irritate or put pressure on the sciatic nerve.



### **Muscle Spasm**

If a muscle in your buttocks or lower back is inflamed or tightening (**in spasm**), it can irritate or put pressure on the sciatic nerve.

