

Gulf Coast Spine Care Announce New Pinched Nerve Treatments

PR Newswire

Pinched nerves can cause an incredible amount of pain. Gulf Coast Spine Care offers treatments for this painful condition, so patients can find the pain relief they need. With effective treatment for pinched nerves, patients can enjoy increased range of motion, lasting pain relief, and improved quality of life.

Causes of Pinched Nerves

Pinched nerves can occur after an accident, or they may be the result of repetitive motion or chronic poor posture. The compressions can occur anywhere in the body where nerves travel through narrow spaces, and the compressions tend to appear in ligaments, bones, and tendons. When this occurs, an intense pain can radiate through the area and even extend along the neural pathway. One example is the sciatic nerve. When it is pinched off in the lower back, the resulting pain radiates through the backs of the thighs and knees.

Symptoms of Nerve Problems

With pinched nerves causing radiating pain, it can be hard to determine if the problem is in the back or in the area experiencing the pain. People with nerve problems often deal with burning sensations, numbness, or tingling sensations in affected areas. There may be the feeling of pins and needles, and weakness in the muscle area can accompany the pain. When pain radiates through an area with no visible cause, nerve compression is often the culprit.

Personalized Treatment

Living with constant pain can leave anyone miserable and stressed. While some nerve pain is permanent and untreatable, there are many other types that can be effectively treated. Gulf Coast Spine offers many varied treatments, so they can personalize a treatment plan to suit each individual patient. Medications can be used to address the pain on a short-term basis. Physical therapy may be necessary to strengthen the muscle tissue and help stabilize the region for long-term pain relief.

If something is pressing into the nerve, like bone fragments, disc matter, or scar tissue, then surgery may be required to remove the foreign matter and provide relief. Steroid injections may be used to ease pain over the long term and aid in healing. In some situations, surgery may be required to treat nerve pain that doesn't respond to other treatment methods.

Treat Pinched Nerves Quickly

Pinched nerves will not typically resolve on their own. Over time, the inflammation will further compress the nerve and increase pain levels. Even if the inflammation fades with time, the pinched nerve is still a problem and can flare up again at any

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time. The small protective barrier that surrounds the nerve is worn away, and fluid will build up around the nerve. The fluid does not protect the nerve, and if left untreated its absence can lead to further problems with pressure, swelling, and scarring. Permanent disability or numbness can result if the pinched nerve is not treated. Treating the pinched nerve early protects the nerve from permanent damage.

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