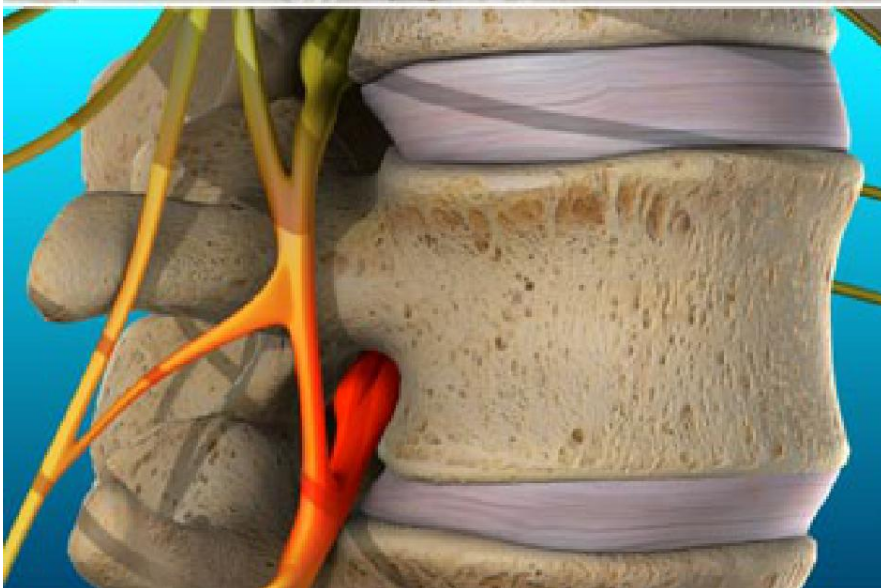




Pinched Nerve



Overview

If you have unexplained pain or other problems, you may have a pinched nerve. That's when something presses against a nerve in your body. It can interfere with the nerve's function. Nerves can be pinched anywhere in the body but they are common in the spine and the wrist.

Causes

Nerves can become pinched in many ways. Poor posture, a spinal misalignment or an injury can all cause it. Repetitive motions can, too. Arthritis can reduce the space around a nerve, raising your risk. And obesity can make it more likely for a pinched nerve to occur.

Symptoms

Symptoms depend on the severity of the pinching and which nerve is affected. You may have pain, numbness, weakness or tingling. This can happen at the site of the pinching, or it can affect a part of your body that the nerve travels to. A pinched nerve root in your lower back, for example, can cause problems in the buttock, leg and foot. Symptoms may come and go. Without proper care, your nerve can be permanently damaged.

Care and Management

Chiropractic care can be a safe and effective way to manage a pinched nerve. Your chiropractor can create a plan that is right for your needs.