

As healthcare providers, we want to help you achieve optimal health and improve your overall feeling of well-being. In order for you to achieve optimal health, you need to understand your present condition, your personalized care plan, and your future health concerns. We have created this handout to better help you make an informed decision about your treatment plan.

Sciatica

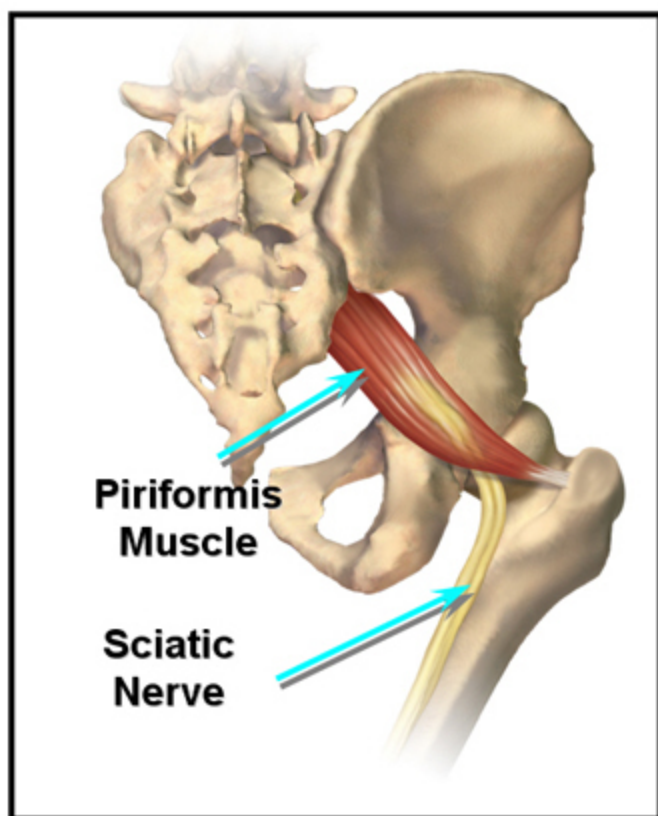
If you answer “yes” to any of the following questions, you may be experiencing **SCIATICA**, pain caused by pressure on the sciatic nerve, which runs from the lower back vertebrae, through the pelvis, and down the back of each leg.

- Do you experience pain that radiates from your lower back to your legs?
- Do you often have difficulty sleeping restfully because of this pain?
- Are you unable to feel your best because of your low back condition?

What is Sciatica?

Sciatica refers to the radiating pain, which travels from the buttock, to the knee, and down to the foot. When the sciatic nerve is impaired you may also experience weakness, numbness, or tingling.

What Causes Sciatica?

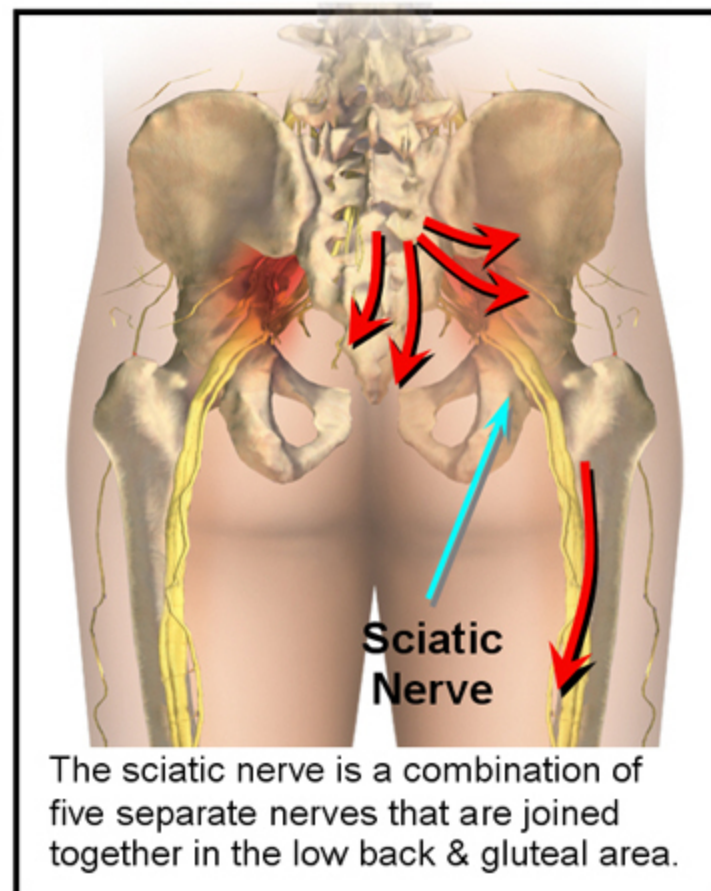


1. **Piriformis Muscle Syndrome.** In most people, the sciatic nerve runs under the piriformis and down the leg. In some people, however, the sciatic nerve runs through the piriformis. In either case, if the sciatic nerve becomes irritated by pressure from the piriformis muscle, you may experience sciatic pain.
2. **Pressure from an abnormal or injured vertebral disc.** If a disc in the low back bulges or herniates, the injured disc may compress nearby nerves, which can cause sciatica.
3. **Vertebral misalignment or misalignment of the pelvis and sacro-iliac joint** can irritate one of the nerve roots leading to the sciatic nerve. Misalignments commonly cause sciatic pain. This type of pain is usually felt deep in the leg and is more of an ache than a sharp pain.

What is the Treatment for Sciatica?

- **Spinal Manipulation.** Relieve acute back pain and sciatica.
- **Physiotherapy.** Assess, evaluate, diagnose, and treat condition.
- **Stretching and ergonomics.** Improve flexibility, maintain alignment, and reduce fatigue.

Together, we can work to minimize degeneration, decrease flare-ups, and reduce chronic sciatic pain.



The sciatic nerve is a combination of five separate nerves that are joined together in the low back & gluteal area.