

## WHAT

- Sciatica is a condition resulting from irritation of the sciatic nerve.
- When the nerve is irritated, it can cause pain ranging from mild to severe that can travel down the leg following the path of the nerve.
- There are a number of possible causes of sciatic and lower back pain therefore, a detailed assessment by your Physiotherapist is needed.

## COMMON SIGNS + SYMPTOMS

- Back pain that extends down into the gluteal and can often extend all the way down to the foot. It is also important to note that you can have leg pain without back pain.
- Numbness and or weakness of the leg can also be experienced.
- Burning or tingling in the leg.
- The pain can occur suddenly or develop slowly over time.

## TREATMENT

Treatment needs to be multimodal and often multi-disciplined.



Education



Manual  
Treatment



Exercise  
Therapy



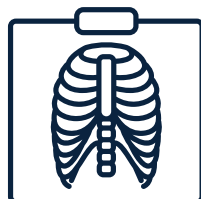
Psychological  
Therapy

Your Physio will:

- Use manual therapy to decrease pain to help take pressure and irritation away from the sciatic nerve.
- Use exercise therapy to improve your overall strength and movement patterns. This will often include clinical pilates and appropriate strength and conditioning exercises.
- Provide you with activity and work modifications
- Sometimes recommend a referral to a Psychologist if seen as appropriate

## IMAGING

A MRI is only indicated if it is going to alter your treatment and management, or if your condition is severe enough to warrant a Medical Specialist review



## MEDICAL HELP

If the condition is acutely severe with significant leg pain that is not responding to conservative treatment you will be referred to a Specialist. They will be able to advise on other treatment modalities such as:

- Nerve pain medication
- Epidural Injections
- Surgery

