

Sciatica

How can we help?



Osteopathy &
Sports Injury Clinic

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Key Facts



Sciatica symptoms

"Shooting pain along parts or all of the back portion of the lower limb".

Associated symptoms

Pins and Needles, numbness or coldness.

Typical symptom pattern

Gradual increase in symptoms then a sudden increase in intensity.

Typical causes

Long term poor posture, sudden bending or even sneezing.

Effects on lifestyle

- Hard to sit, especially in soft seats.
- Driving difficulties.
- Night time waking.
- Walking painful, causing limping.

Different types of sciatica

Disc Sciatica

The disc between vertebrae has prolapsed, compressing the Sciatic Nerve root.

Diagnosed frequently, but less often demonstrable on MRI or X-ray.

Non Disc/Mechanical Sciatica

Mechanical stress is placed on the Sciatic Nerve due to muscular tension around the hip girdle and spinal stiffness in the lower and mid back.

This type of Sciatica appears to be symptomically similar to Disc Sciatica however the underlying reason for the problem, its treatment and accompanying advice are very different.

Mechanical Sciatica

Tension can be placed on the sciatic nerve as a result of stiffness in the upper part of the lumbar spine, the accentuated rounded shape of the upper back caused by poor slumping posture.

Stiffness deep in the hip girdles and buttock muscles as well as tension in the muscle groups in the back portion and outer aspect of the thigh – can all place strain on the nerve root that can produce sciatic type symptoms.

Making a distinction

Making a definite distinction between these two types of sciatica (non Mechanical & mechanical):

- one caused by the sciatic nerve root being compressed by disc material,
- the other is a result of mechanical tension on the sciatic nerve will make a huge difference in the treatment approach and management of "sciatica".

Treatment and advice will be tailored to suit the condition, in its particular form, that each individual is suffering.



Distinguishing what type

Body Back-Up offers a professional Low Risk option. Our Osteopath's are skilled in distinguishing these two types of sciatica.

If you appear to have a disc form of sciatica, we will refer you to the appropriate specialist via your GP.



However, if we feel after a full case history and examination that you do have a mechanical form of sciatica – will be confident to form a treatment plan consisting of 3-6 treatment sessions over 3-4 weeks.

This would be accompanied by advice and remedial exercises that should help you overcome your symptoms, as well as improve your general flexibility and well being.

We will monitor your progress throughout and suggest a return visit 2-3 months after your last appointment to check your spinal and muscular function.

We will provide **Hands on care** just for you . . .

**To find out more about Body Back-Up
visit our website or email us at
practice@bodybackup.co.uk**

www.bodybackup.co.uk

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**For appointments call 01628 624544 or 020 8969 0247
Maidenhead • Slough • London W9 (Maida Vale)**

Body Back-Up osteopathy for sciatica

Body Back-Up Treatment

The treatment will involve deep osteopathic massage techniques designed to release muscular tension that maybe tractioning the sciatic nerve.



When you have been suffering from the effects of referred pain for a considerable period, the muscles of the lower limb will have compensated and changed the way in which you walk.

To provide full rehabilitation, these muscles will also need to be treated.

Additionally, areas of the lumbar spine and upper back and even neck may need gently manipulating to assist in the process of re balancing your spinal function and thereby reducing stress on the sciatic nerve of the base of the spine.

Prevention

Because health & fitness are as much about preventing problems as solving them, you may like to take advantage of our Check-Up service.



This is a regular reminder service designed to help you keep a check on your body, just as you would your car – and why be kinder to your car than to your body?

Body Back-Up is an Osteopathic Consultancy Service, which specialises in back pain and other muscular—skeletal injuries.

Being in pain has a bad effect on all aspects of life, addressing it will help you deal with life better.

Not addressing the problems may well produce a spiral of stress that further aggravates the pain!

Don't underestimate!

People underestimate how poor posture, a bad night's sleep or poor foot mechanics can have an impact on your whole body as it tries to over-compensate for the problem area.

With our products & services we can provide you with a total solution from top to toe.

Monitoring your progress

By the time you consult your Body Back-Up Osteopath, it is likely that can be very anxious to improve as quickly as possible.

The treatment that we offer needs to follow a therapeutic process.

- We aim to help manage your condition with your involvement, to help you reach the maximum personal improvement possible.
- If you are already taking medication, it would be hoped that after several treatment sessions you will be able to diminish the dosage.
- Often medication that has been prescribed and had previously not proved very effective, may become more helpful as treatment progresses.
- Each time you return for a follow-up appointment your Body Back-Up Osteopath will assess your symptoms and flexibility status.
- It is likely that your flexibility will improve quite rapidly.
- The surface area of the leg where you suffer most pain should reduce and finally the intensity and frequency of the pain should diminish.
- Pins and needles or areas of numbness may take longer to resolve.
- Many patients with mechanical sciatica begin responding to treatment after the second session with measurable progress throughout the following three to five treatment sessions.

Sciatica Tension, or a compression of the Sciatic nerve can be due to muscular or joint stiffness in the lower back.

The symptoms appear similar to a slipped disc, but the osteopathic management of the condition is rather different.



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