

SCIATICA



**PATIENT
OSTEOPATHY
PARTNERSHIP**

EXPLORE
EMPATHISE
EXPLAIN
ENGAGE
EXERCISE

Sciatica 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—perhaps with no back pain.

Typical causes

Long term poor posture or sudden bending or even sneezing.

Effects on lifestyle

Hard to sit, especially in soft seats.

Can we help you?

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, we can 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.

Different Types of Sciatica

There are three different types of Sciatica, each with varying symptoms and treatments:

Disc Sciatica

The disc between vertebrae has “slipped” compressing the Sciatic Nerve root.

Disc Sciatica is diagnosed frequently, but is less often visible on MRI or X-ray.

Non Disc/Mechanical Sciatica

When 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 symptomatically similar to “Disc Sciatica” however the underlying reason for the problem, and 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 slumping due to posture.

Stiffness deep in the hip girdles and buttock muscles can all place strain on the nerve root producing Sciatic type symptoms.

Eddie Explains Sciatica:



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