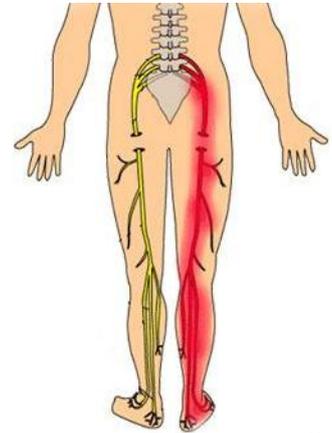




## Sciatic Pain

Most of us have heard of the term, and some of us have been unlucky enough to have experienced it. Sciatica refers to pain that radiates below the buttock when the nerve roots of the Sciatic nerve are irritated. The irritation can result from a number of sources such as:

- Lumbar disc herniation with compression of the nerve root
- Inflammation of the surrounding soft tissues
- Inflammation of the local lumbar joints
- Infection
- Tumors



### What are the causes?

The most common mechanism of injury is as a result of a lifting or twisting motion, often under load, however a vulnerable disc can be torn by a forceful sneeze!. The initial onset of pain can range from being totally debilitating to a minor twinge. This often deteriorates over the ensuing hours and days as the inflammatory process builds momentum.

### What are symptoms of sciatica?

Often the pain is constant radiating anywhere from the lower back down the back of the leg and potentially as far down as the foot. Pain can be so intense that it makes walking and sleeping almost impossible. The nature of the symptoms may also include weakness, numbness, burning or pins and needles.

### How is it treated?

The good news is that 90% of all sciatic problems generally resolve within 3 months with conservative management. Research suggests that an effective treatment regime which may including mobilisation, manipulation, exercise, acupuncture and appropriate medication can effectively assist recovery. Successful management comes down to the practitioner's accurate assessment and application of treatment during each phase of recovery.

If you think you are experiencing Sciatic pain, early management ensures your best chance of recovery. Call us at Hobsonville Physiotherapy and we can liaise with your Doctor if required in helping you recover quicker. Most Injuries are still eligible to receive treatment cost assistance from ACC. Hobsonville Physio is an accredited practice meeting the Allied Health Sector standards for safe, high quality client care. As a registered ACC provider no doctor's referral is required.