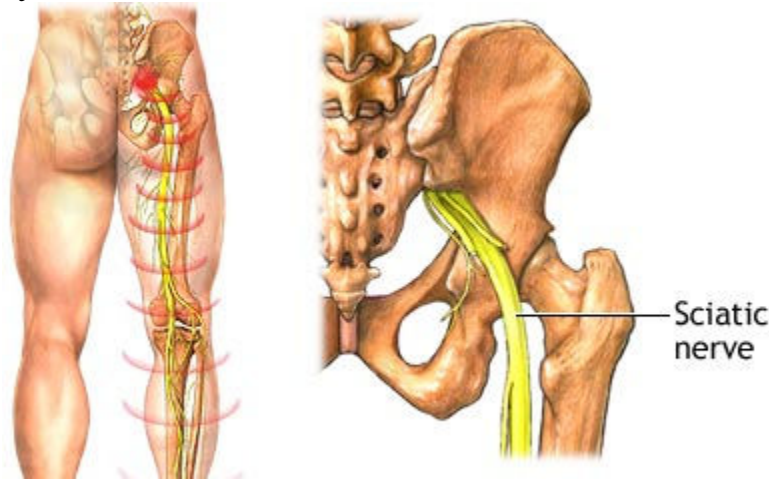


Sciatica

Sciatica is pain caused by irritated spinal nerves. Typically individuals will complain of leg pain down the back of their leg beginning at their buttocks and may travel down into their foot. Individuals may complain of severe pain, numbness/tingling in their leg. The cause of Sciatica may be from spinal nerve roots, tight musculature in gluteal region termed “Piriformis Syndrome”, or from compression of the Sciatic Nerve in the Lower Extremity.

- Anatomy



- Mechanism of Injury

- Bulging/Herniated Disc
- Disc Degeneration
- Muscle tension/tightness (Piriformis syndrome)
- Osteophytes along spinal foramina

- Treatment

- Manual Therapy to lumbar and gluteal musculature
- Joint Mobilizations to lumbar spine
- Ultrasound
- Posture/Body Mechanics
- Therapeutic Exercise/Pilates for Core Stability
- Ice and Electric Muscle Stimulation
- Home Exercise Program