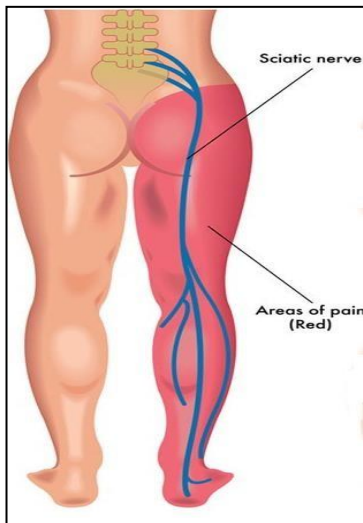


SCIATICA

Sciatica refers to pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one lower limb.



Signs and Symptoms:

- Lower back pain
- Pain in the rear or leg that is worse when sitting
- Hip pain
- Burning or tingling down the leg
- Weakness, numbness, or difficulty moving the leg or foot
- A constant pain on one side of the rear
- A shooting pain that makes it difficult to stand up.

Call 999 if you

- Have worsening or new weakness in one or both legs or unable to move foot or leg
- Have numbness or anaesthesia feeling in or around your genitals or anal region.
- Cannot control your bladder or bowel – and this is not normal for you

Causes:

- Lumbar Spinal stenosis (narrowing of the spinal canal in the lower back)
- **Degenerative disc disease** (wear and tear of discs, which act as cushions between the vertebrae)
- Spondylolisthesis (a condition in which one vertebra slips forward/ backward over another one)
- Pregnancy
- Muscle spasm in the back or buttocks

Do's and Don'ts

- Carry on with your normal activities as much as possible
- Start gentle exercises and keep mobile
- Can use hot packs around pain area
- Do not sit or lie for longer periods

Your GP or physiotherapist will recommend further investigations if and where deemed necessary.

Exercise considerations:

- Do all the exercises within pain free limits, stretch pain is common with exercises and that should ease off within 30 minutes-1 hour after having done the exercises
- Post exercise soreness is quite common and could be felt up to 48 hours after having done the exercise regime. This should get better as you continue with the regime over time
- If any exercise worsens your symptoms, stop that exercise and seek advice from your physiotherapist.