

## Sciatica

**Sciatica** is a general term used to describe pain in the back of the leg.

The sciatic nerve is a large nerve running from the lower part (lumbar and sacral areas) of your spine into your foot. Problems with the sciatic nerve can result from a disk herniation in the lower spine. You may also experience problems due to muscle spasm or joint dysfunction in any area between the lower part of the spine and the foot.

If the sciatic nerve becomes compromised anywhere along its route, symptoms can develop. The most common of symptoms experienced with sciatica are pain, numbness, and muscle weakness and are usually felt beyond the point of nerve compromise.

Accurate diagnosis of the areas of compromise is very important when treating sciatica.

Once a diagnosis has been determined, a treatment plan can be initiated to relieve your symptoms and improve the biomechanical function which may have contributed to the problem initially. Good biomechanics can minimize reoccurrence of sciatica in the future.

You do have options. Feel better. Function better.

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