Sciatica

**Houston Chiropractor Comments:** The term sciatica describes the symptoms of leg pain—and possibly numbness, tingling or weakness—that originate in the lower back and travel through the buttock and down the large sciatic nerve in the back of the leg. It is a common complaint, with more than 3 million cases a year being reported.

Sciatica symptoms occur when

* The large sciatic nerve is irritated or compressed in the lumbar spine.
* Sciatica is often characterized by one or a combination of the following symptoms.
* Constant pain in only one side of the buttock or leg (rarely can occur in both legs).
* Pain that is worse when sitting
* Leg pain that is often described as burning, tingling or searing (vs. a dull ache)
* Weakness, numbness or difficulty moving the leg or foot.
* A sharp pain that may make it difficult to stand up or to walk.

Sciatica type pain is usually caused by 6 main conditions. These conditions are lumbar herniated disc, degenerative disc disease, spondylolisthesis, lumbar spinal stenosis, piriformis syndrome and sacroiliac joint dysfunction.

Sciatica is typically self –limiting and will resolve itself with ice, stretching and light exercise. On cases that last more than 72 hours (3 days) the assistance of a doctor or trained therapist is beneficial. Conservative care is the most beneficial except in cases with loss of bowel or bladder function. Chiropractic care with spinal manipulation has been shown to have excellent results. Physical modalities can be added to assist in reducing the muscle spasms and inflammation. After the sciatica is resolved, a good stretching and strengthening program for the back is beneficial to help prevent a reoccurrence.

Dr. Ward Beecher practices at Beecher Chiropractic Clinic at 1001 Pineloch, Ste 700 Houston, TX 77062. You can schedule an appointment at [www.BeecherChiropractic.com](http://www.BeecherChiropractic.com) or by calling (281) 286-1300. If you have any questions regarding this blog, please comment below!