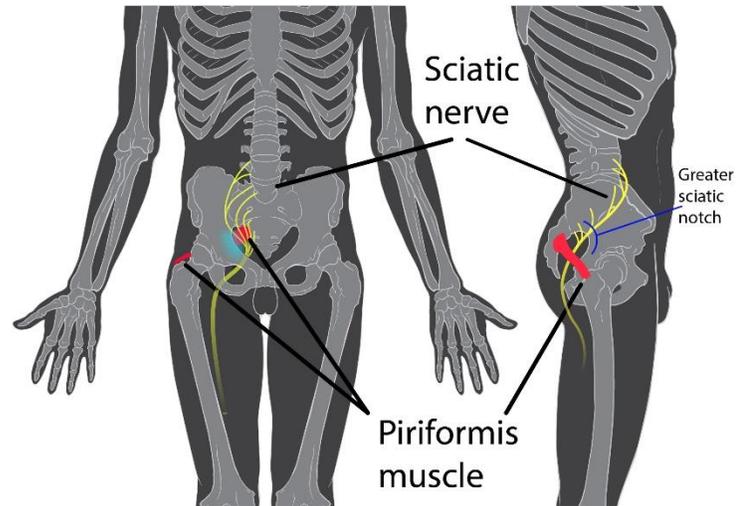


Sciatica

Sciatica is known as radiating pain into the buttock and back of the leg region which can cause neurological symptoms such as tingling, numbness, burning, and weakness. Sciatica is such a broad term that can be caused by several different problems. The goal in treating sciatica is finding and treating the proper cause.

Common Causes of Sciatica

- Piriformis Syndrome
 - Piriformis syndrome is a common cause of sciatica as the muscle goes from the sacrum to the femur which directly covers the sciatic nerve. When the muscle gets tight the nerve can get pinched causing the associated symptoms.
- Disc injuries
 - Disc injuries can cause sciatica as well. The nerves that exit the spine between the levels of L4 and S3 make up the sciatic nerve. Refer to the handout on disc bulges for more information.
- Sacroiliac Referral
 - A referral is pain that is being caused somewhere and ends up causing pain in a different location than the original problem. For example, the dysfunction of the sacroiliac joints or pelvic region is known to create pain through the back of the leg.



Chiropractic can treat all these sources of sciatica!

