

## WHAT IS SCIATICA

pain affecting the back, hip, and outer side of the leg, caused by compression of a spinal nerve root in the lower back, often owing to degeneration of an inter vertebral disc.

## DIFFERENT TYPES OF PAIN ALONG THE SCIATIC NERVE

Symptoms of sciatica stemming from this level, the L3-L4 level, in the lower spine may include: pain and/or numbness to the medial lower leg and foot; weakness may include the inability to bring the foot upwards (heel walk). The patient may have reduced knee-jerk reflex.

## CAUSES OF SCIATICA

Sciatica is caused by irritation of the root(s) of the lower lumbar and lumbosacral spine. Additional common causes of sciatica include: Lumbar spinal stenosis (narrowing of the spinal canal in the lower back) Degenerative disc disease (breakdown of discs, which act as cushions between the vertebrae)

## SYMPTOMS OF SCIATICA

- 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.

## NEUROTHERAPY TREATMENT

<b>First treatment</b>	(3)	Gal
	(3)	Spl
	(7)	Liv
	(5)	Mu
	(6)	Rt Ov
	(8)	Ch only
	(20)	Round arrow
<b>Second treatment</b>	(8)	Pan
	(6)	Wd
	(8)	Ch only
	(20)	Round arrow