



PEAK

PHYSICAL THERAPY, P.C.

"Maximal Functional Results"

HEALTH & FITNESS

The Newsletter About Health and Caring For Your Body

Sciatica (Radiating Leg Pain)

Common Symptoms

- Radiating leg pain
- Pain increases with:
 - Prolonged sitting
 - Sit to stand
 - Going up stairs
 - Extending leg while seated



SUCCESS STORY

I'm 65 years old and have had back pain all my life. Lately it has been constant. After 4 weeks of intensive therapy with Anson Call at Peak, I'm walking out pain free! Anson showed me that with a little effort on my part, I could live my life **Pain Free!**
Thank you,
~ M.C.

Just about everyone has heard the term "Sciatica". This is the term that is given to back pain that radiates down the leg and sometimes into the foot. The path of the pain is actually the sciatic nerve itself. The sciatic nerve is the widest and longest nerve in the human body. It originates in the spine and then passes through some muscles of the buttock (see picture) and then travels down the leg. At the knee, the sciatic nerve splits into 2 more nerves (Tibial nerve and Common Fibular nerve). In many cases the problem is not due to "disk" issues, it is more muscular. Tight muscles of the buttock, hip and leg can put pressure on the nerve causing pain. Then as a person sits, they further compress it causing pain and when they contract the muscles (climbing/standing up) more pressure is added once again producing pain. The good news is that sciatica responds very well to physical therapy. With manual techniques and a series of stretches and stability exercises, pressure on the nerve and back can be reduced, eliminating your pain.

Sciatica Pain Patterns

1. Compression of the L4 nerve can result in pain radiating from the lower back down to the knee.
2. Compression of the S1 nerve can result in pain radiating down to the foot.



Goals of Physical Therapy

- Education
- Decreasing inflammation/pain
- Increasing back mobility
- Increase core flexibility and strength.
- Address body mechanics
- Set up home program.

If you or someone you know is suffering with pain, call us to learn how Peak Physical Therapy can help!

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PEAK PHYSICAL THERAPY

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