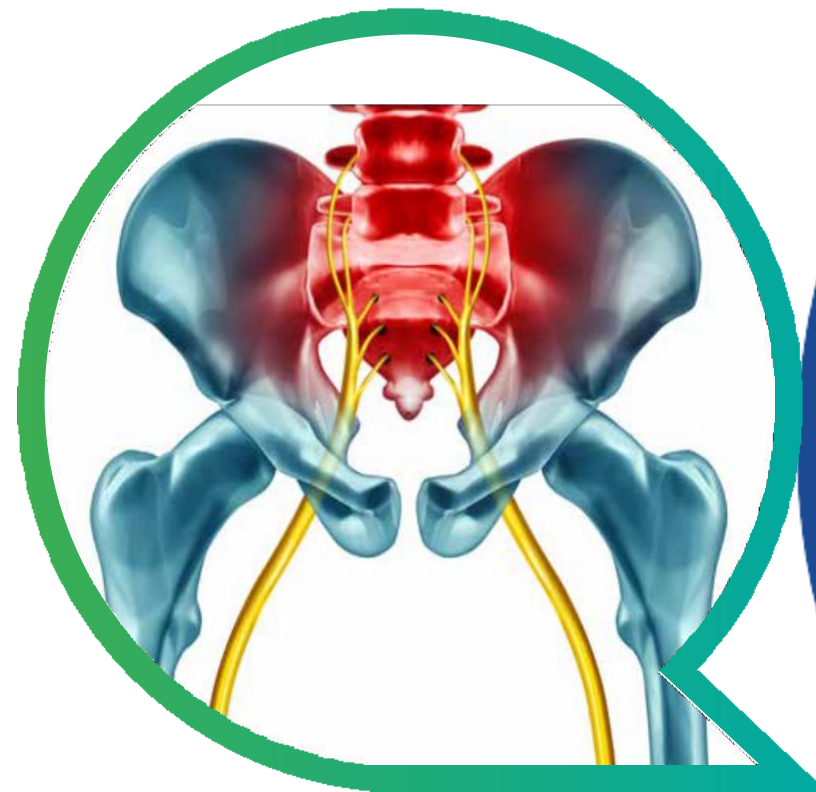




Celebrating
40 Glorious Years
of Dedicated
Effort For Pain
Free India

40 YEARS
OF ISSP
ESTD. 1984

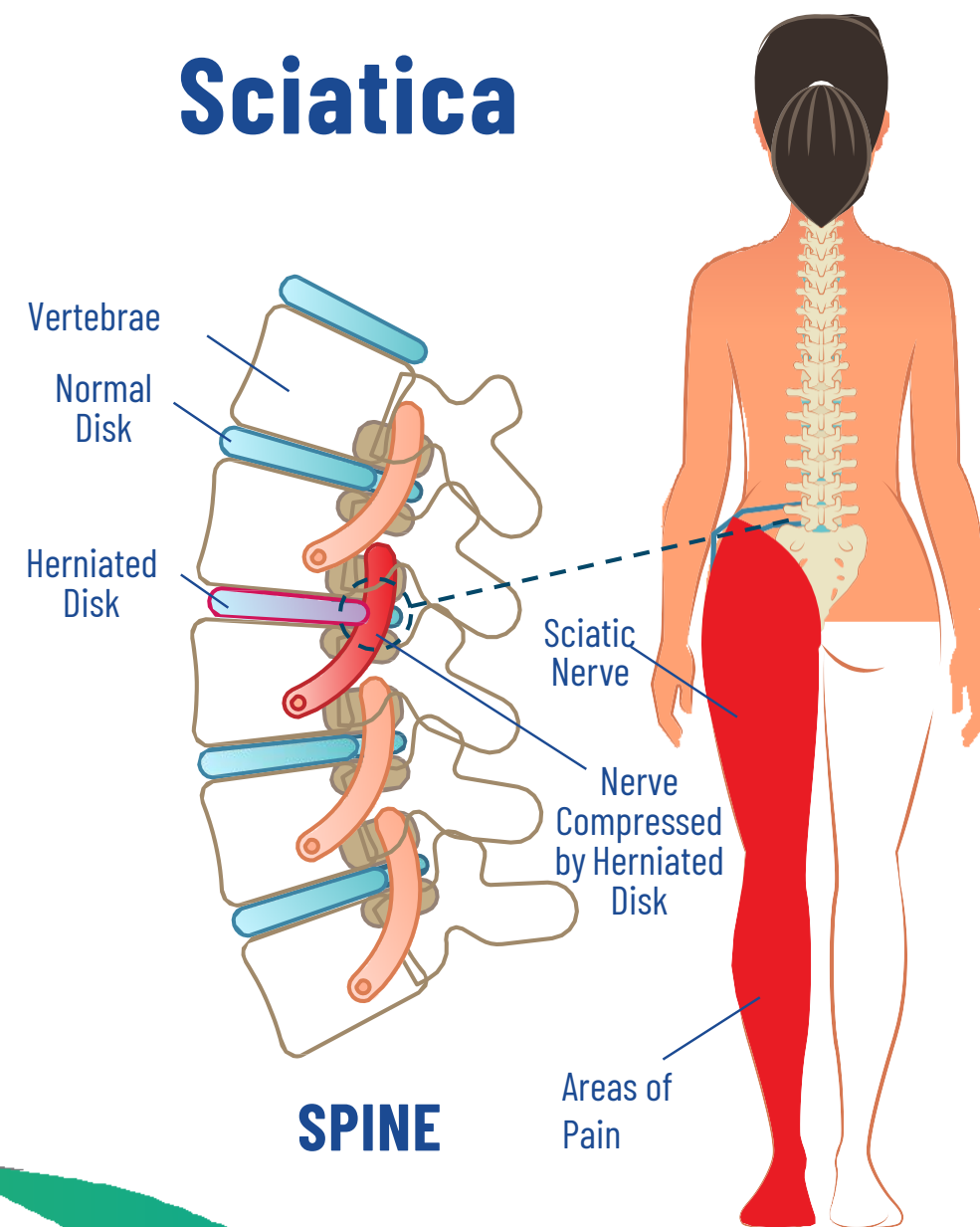


OVERCOMING SCIATICA AND RESTORING MOBILITY



Understanding Sciatica

Sciatica is the pain that can be felt along the sciatic nerve, which is a nerve that extends from the lower back to the knees upto the ankle and toes. It occurs when this nerve is injured or irritated due to an injury or health conditions.



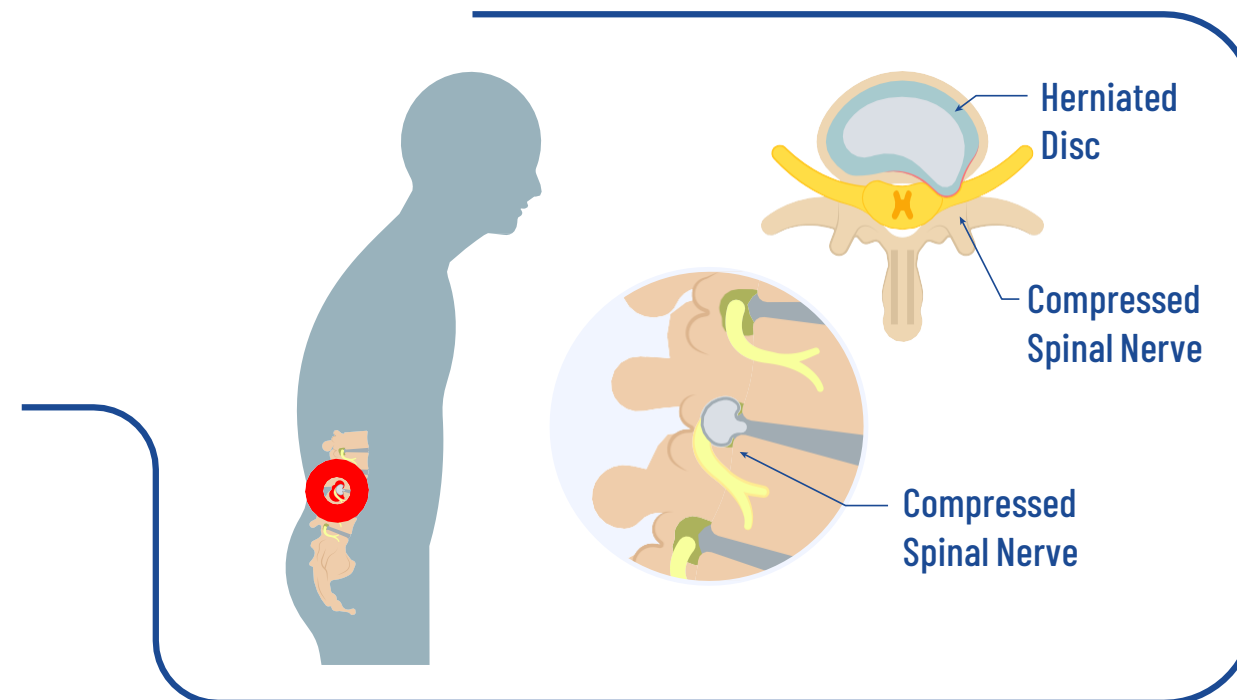
40%

Around **40%** of people experience some form of sciatica during their lifetime

Causes of Sciatica: What Leads to Nerve Pain and Discomfort?

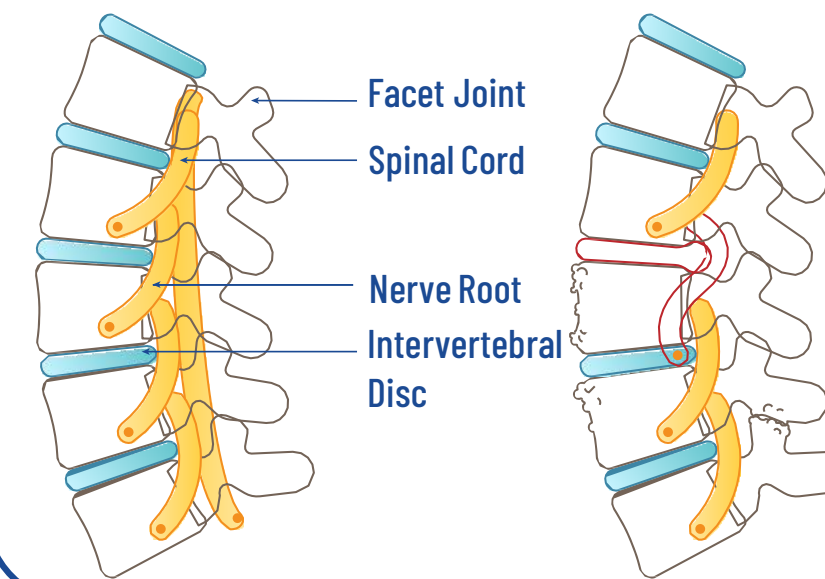
Sciatica can occur due to irritation of the sciatic nerve. Common conditions that can cause sciatica include

Herniated disk



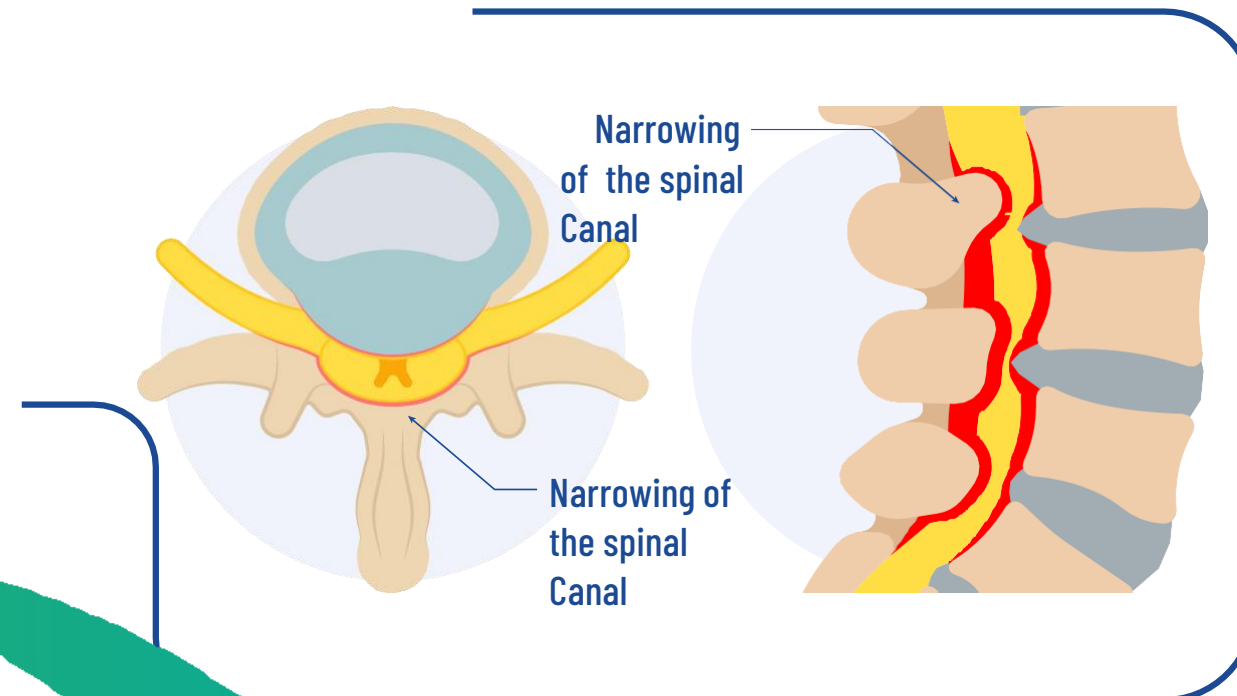
Healthy Spine

Bone Spurs

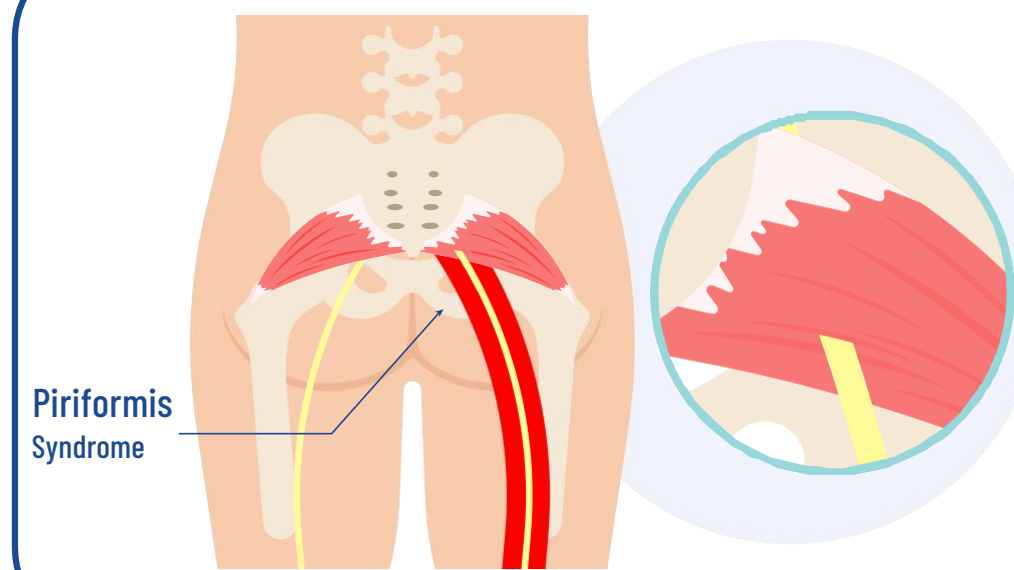


Bone overgrowth

Spinal stenosis



Piriformis Syndrome



Piriformis syndrome

Understanding the Risk Factors of Sciatica

Sciatica can happen due to various conditions and thus have numerous potential risk factors



Age > 40
years



Physical
inactivity



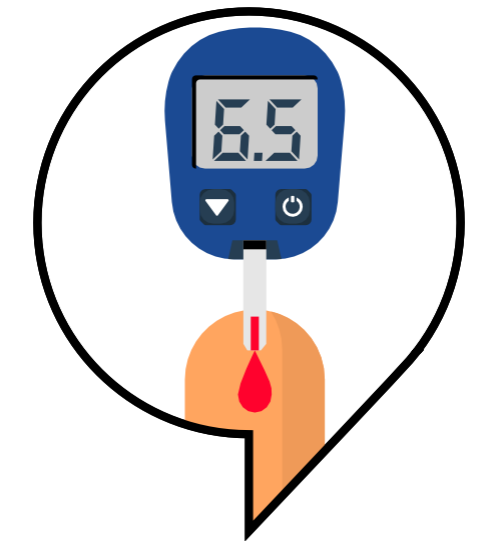
Jobs requiring
heavy lifting,
prolonged standing
and bending



Smoking



Obesity



Diabetes

Preventive Steps to Reduce the Risk of Sciatica

Preventing sciatica involves adopting proactive measures that minimize the risk of nerve irritation and incorporating healthy habits

Exercise

Aerobic exercises



Swimming



Walking

Muscle strengthening and stretching exercises



Pelvic tilts

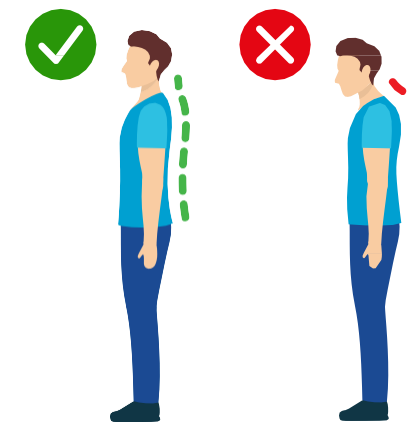


Abdominal curls

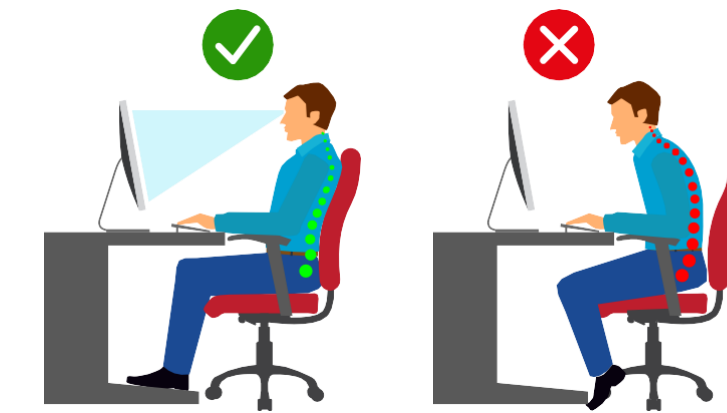


Knee-to-chest stretch

Maintain a good posture



Standing



Sitting



Lifting

Taking Charge: Strategies for Effective Management of Sciatica

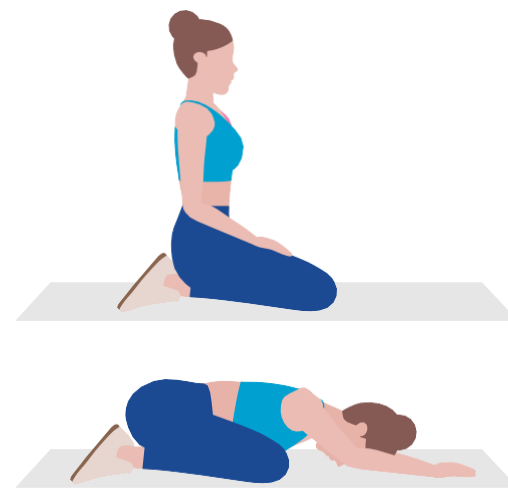
Exercise helps strengthen the muscle in lower back, improve flexibility, and provide relief



**Bed rest
for 1-2 days**



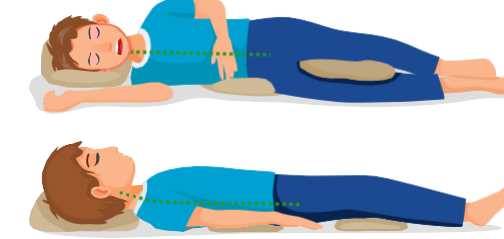
**Cold or heat
treatment**



**Gentle
exercises**



**Physical
therapy**



**Sleep on your side
with a pillow
between your
knees, on your
back with a pillow
under your knees**



**Take medicines
as prescribed**

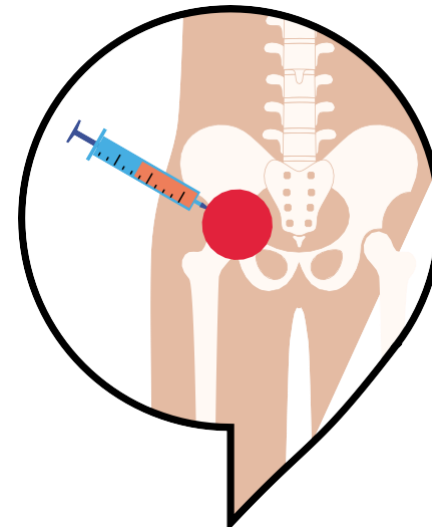
How will your Pain Physicians Help you Treat Sciatica

Effectively?

A **Pain Physician** will provide a tailored solution for sciatica using medications and **Minimally Invasive Pain & Spine Interventions (MIPSI)**, avoiding the need for surgery in majority of patients



**Anti-inflammatory
and anti-neuropathic
medications**



Minimally Invasive Pain & Spine Intervention (MIPSI)

- Epidural steroid injections, nerve root injection, facet joint and sacro-iliac joint injections
- Radiofrequency ablation
- Intradiscal procedures, and endoscopic discectomy





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Thank
you!





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