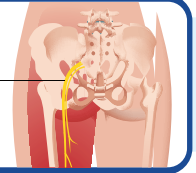


Complete Guide to the **SCIATICA: A NERVE PAIN**



- Sciatica is the pain that occurs along the sciatic nerve. It is a nerve that runs 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 other conditions.

SCIATIC NERVE



1.6%-43%

- It commonly occurs in patients over the age of 40 and the likelihood of experiencing sciatica varies from 1.6% to 43%.

Symptoms of Sciatica



Pain or burning sensation in the buttocks and legs



Feeling heaviness in the legs

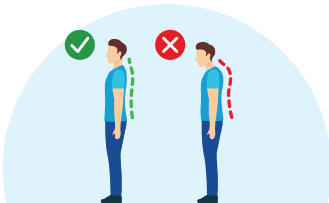


Numbness in the back or leg

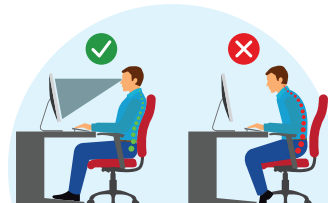


Tingling or pricking sensation in the legs

Measures to Prevent Sciatica



Standing



Sitting



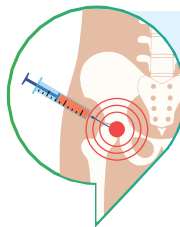
Lifting

How will your Pain Physician help you in the treatment of sciatica pain?

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

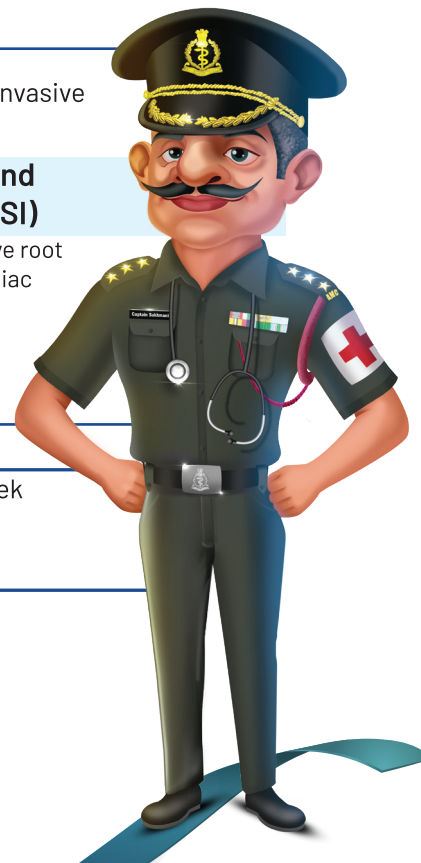


Anti-inflammatory and anti-neuropathic medications



Minimally Invasive Pain and Spine Interventions (MIPSI)

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



Consult your Pain Physician if the pain

- Doesn't improve with self-care within a week
- Is getting worse
- Is affecting your day-to-day activities

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