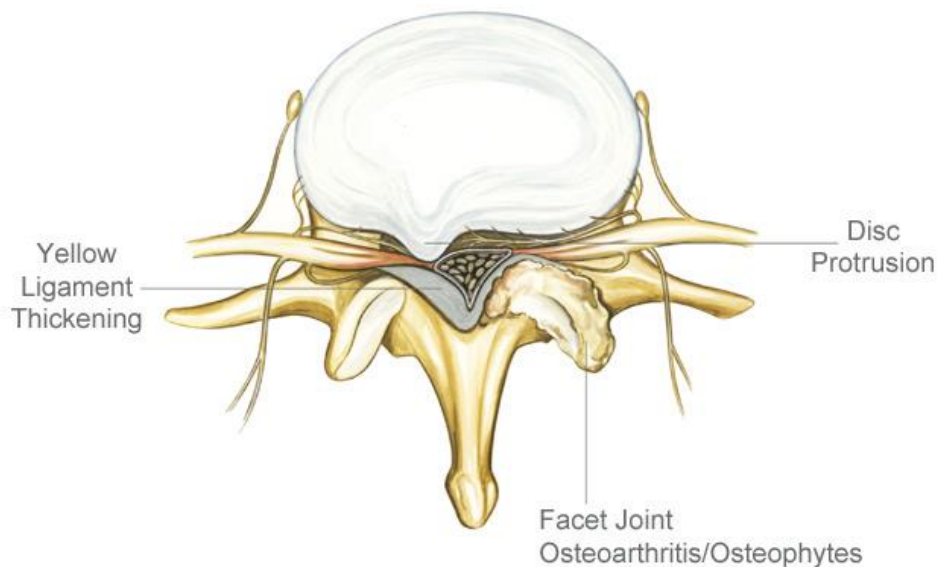




Lumbar Disc Herniation (Sciatica)

What is it?

The disc in the lumbar spine can bulge or herniate. This is common in adults and often doesn't cause problems. However, sometimes a bulged or herniated disc can cause compression and irritation of the nerves that exit your spinal cord, which can cause severe pain into the buttock and leg.



What are the symptoms?

Most patients have pain in the low back with radiation to the buttock and legs. Some patients have numbness, tingling & even weakness in the legs or feet.

How is it treated?

- Manual therapy – Osteopathic Manipulation, Physical therapy, Chiropractic
- Home traction device – inversion table
- Aerobic exercise – stationary bike, Aquafit
- Medicine: NSAIDs (ie: Ibuprofen, Naprosyn), Muscle relaxants & Nerve pain pills (ie: Nortriptyline, Gabapentin, Lyrica)
- Yoga
- Injections: Epidural or Facet injections
- Surgery – decompression of area (if conservative treatment fails)