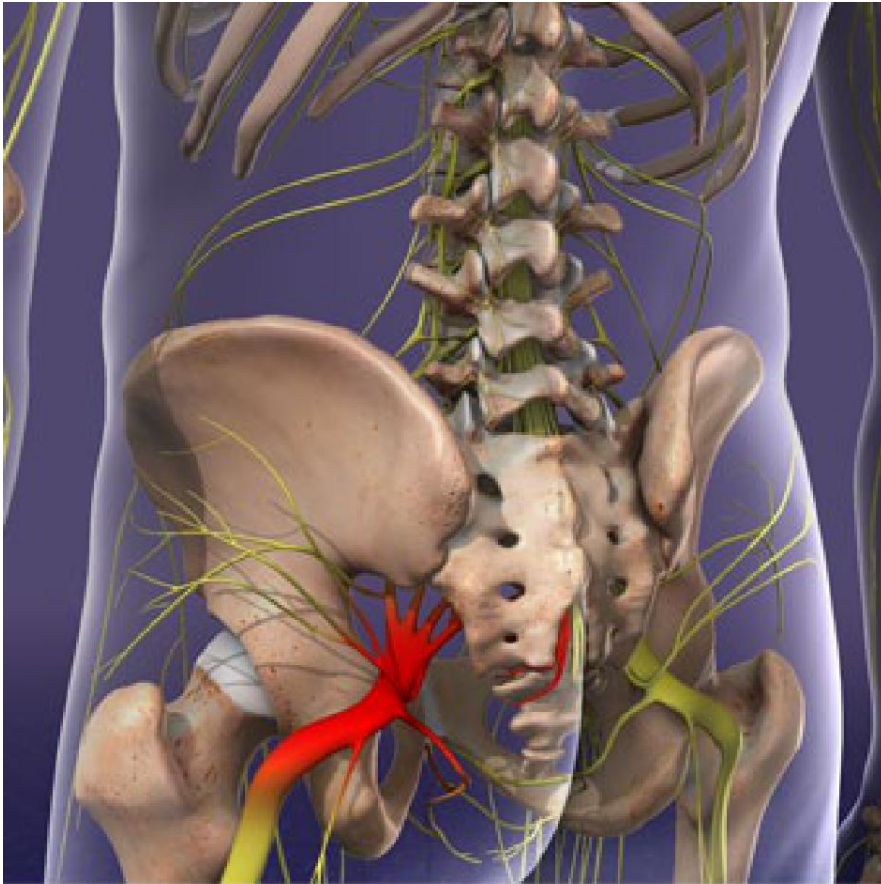




Chiropractic Care for Sciatica



Overview

If you have sciatica, you know how much it can affect your daily life. Sciatica starts in a nerve root in the lower part of your back, called the "lumbar" spine. But you may feel its symptoms in your buttock, thigh, leg or foot. You may have pain, weakness, numbness and tingling sensations. Sciatica can keep you from being active. A chiropractor can find out why you are hurting, and can help give you relief.

Exam

Chiropractic care begins with an exam. This lets your chiropractor see how you stand and move. Your chiropractor looks at your spine to make sure it is distributing your weight evenly. X-rays can help show a spinal misalignment or another problem causing your pain or making it worse.

Care and Management

Chiropractic adjustments and exercises may make you feel better. Orthotic devices or other options may also help. You may benefit from a continuing care plan. Your chiropractor can create a plan that is right for your needs.

