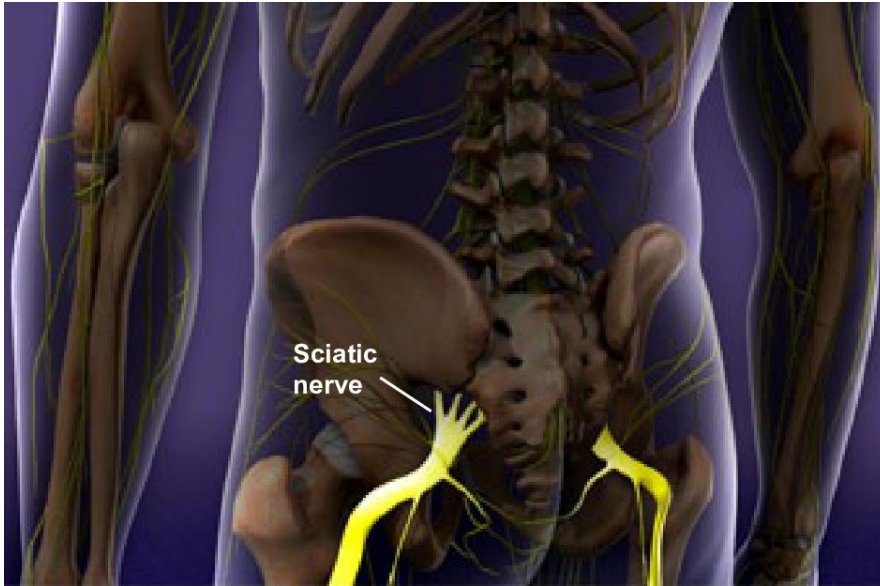




Sciatica (Lumbar Radiculopathy)



Overview

This is a problem with a sciatic nerve. You have two of these large nerves. They travel from your spine down through your buttocks and legs. If one of these nerves becomes irritated, it can cause problems from your lower back down to your foot.

Causes

Anything that irritates a sciatic nerve can cause sciatica. A spinal misalignment, a bulging disc, spinal arthritis or a collapsed vertebra can all reduce the space around a sciatic nerve. Any of these problems can keep it from working properly.

Symptoms

Symptoms can include pain, weakness, numbness and tingling. Generally you only feel these sensations on only one side of your body. You may feel sciatica in your lower back, your buttock, or the back of your thigh. It may affect your lower leg and foot. Your symptoms may be mild at first, but over time they may worsen.

Care and Management

Chiropractic care is safe and effective for sciatica. Your chiropractor can create a plan that is right for your needs.