



Telephone: (949) 297-3838  
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# Sciatica Pain

Sciatica is a condition which refers to pain in the distribution of the sciatic nerve. This condition results usually from pressure on the nerve from a bulging disc, but can be caused by narrowing of the spinal canal (spinal stenosis), arthritis, bone spurs, piriformis syndrome, tumors or trauma. The common symptoms involve pain in the back and/or buttocks and radiating down the leg. This Sciatica pain may also be associated with numbness, tingling and/or weakness.

Often times sciatica can resolve on its own over time, but recovery can be slow. It is also dependent on the severity of the pathology and avoiding significant stresses on the back such as heavy lifting and bending. Your pain physician will obtain a careful history and physical to determine if you're experiencing sciatica. Most patients do not need imaging in the acute phase of sciatica. In certain cases however your pain physician may obtain more advanced imaging such as an MRI or CT scan, particularly if you're experiencing weakness or your symptoms do not resolve with more conservative treatments.

## Treatment of Sciatica

Treatment of sciatica depends on the underlying cause of the symptom, but may include physical therapy, chiropractic treatment, different classes of medications, activity modification to reduce sciatic irritation, and interventional therapies such as epidural steroid injections. Surgical evaluation is considered in severe or refractory cases.

Our highly trained Sciatica pain doctors and specialists care about improving your pain and quality of life. For more information on how Pain Specialists of Orange County can help treat your Sciatica, please contact us at 949-297-3838.