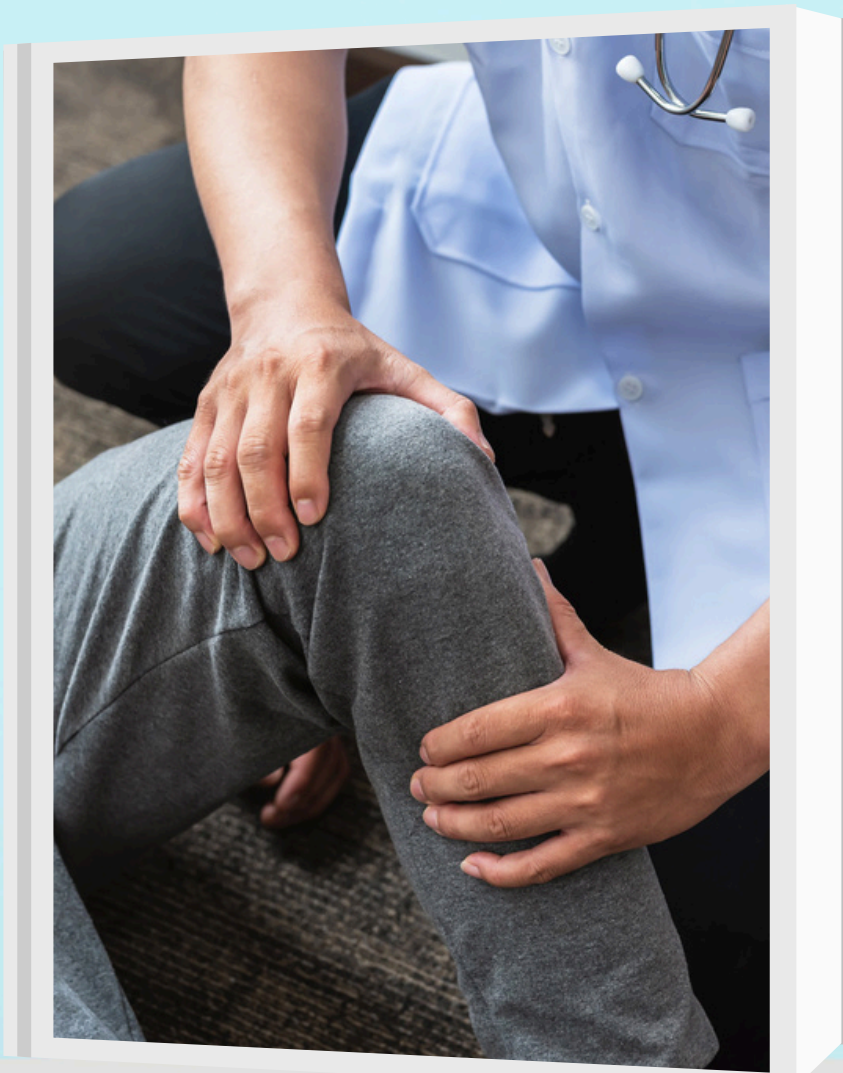


SCIATICA PAIN & ITS MANAGEMENT  
WITH PHYSIOTHERAPY

# HOME EXERCISE PROGRAM FOR SCIATICA PAIN



# Sciatica Pain & Its Management with Physiotherapy

Summer is officially with us and its time for travel and explore new destinations. While we are able to rejuvenate in a new world exploring new places, food and making new friends, travel can have some other consequences.

For over a decade it is our experience that we see people complaining of back and leg pain on return from their expedition and we thought we can share some advice to make our vacations pain free and happy. Sciatica or nerve pain of the back and leg can arise from long travel, sitting in a particular position for a long time and nerve getting pinched in the buttock muscle commonly known as piriformis. Especially for males carrying a heavy wallet in their back pocket can get their nerves pinched due to the pressure. So please let your partner take care of finances and your wallet but this can have some consequences as well. Haha-----. Let's share with you some valuable information on sciatica and how to take appropriate precautions.



## Understanding Sciatica

Sciatica is a common condition characterized by pain radiating along the sciatic nerve, which runs from your lower back through your hips and down each leg. This pain can range from mild discomfort to severe, debilitating pain.

### Common Symptoms:

- Sharp pain in the lower back, buttock, and down the leg.
- Numbness or tingling in the leg.

- Muscle weakness in the affected leg or foot.
- Difficulty moving or controlling the leg.



## Causes of Sciatica

Sciatica typically results from a herniated disc, bone spur on the spine, or narrowing of the spine (spinal stenosis) compressing part of the nerve. The compression can be physical with nerve entrapment in or under piriformis muscles of the hip. This compression leads to inflammation, pain, and often some

numbness in the affected leg.

## The Role of Physiotherapy in Managing Sciatica

Physiotherapy plays a crucial role in managing and alleviating sciatica pain. A physiotherapist can provide a tailored exercise program to help you regain strength and flexibility, reduce pain, and prevent future episodes.

### Benefits of Physiotherapy:

#### **Pain Relief:**

Techniques such as manual therapy, heat/ice application on the back and your bum, and electrical stimulation can help alleviate pain.

#### **Improved Mobility:**

Stretching and strengthening exercises improve the flexibility and strength of muscles supporting the spine.

**Education:**

Learning proper body mechanics and ergonomics to prevent further injury.

**Personalized Treatment:**

A tailored program that addresses your specific needs and progress addressing back issues or the muscle needing treatment and working to improve nerve mobility and decreasing tension on nervous tissue.

**Here are some common exercises. The exercises have directional preference based on your diagnosis. Always seek consultation with your therapist to benefit the most from these exercises.**

# Effective Physiotherapy Exercises



## PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

**Repeat** 10 Times  
**Hold** 5 Seconds  
**Complete** 1 Set  
**Perform** 2 Times a Day

## DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest.

**Repeat** 5 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 2 Times a Day





### CAT CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat.

Next return to a lowered position and arch your back the opposite direction.

**Repeat** 5 Times  
**Hold** 5 Seconds  
**Complete** 1 Set  
**Perform** 2 Times a Day

### PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.

**Repeat** 5 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 2 Times a Day



### Piriformis Stretch

Start by sitting on the edge of a chair and place your foot/ankle on top of the opposite leg in front of you. Then, slowly hinge forward at the hips keeping the upper back straight/flat (maintain good posture and keep shoulders back).

Relax your arms next to the side of your body or relax them on your leg (DO NOT use your hands to push down on the knee since this will actually shorten the piriformis instead of stretch it).

Just hinge forward at the hips and you will feel the stretch in the hip/buttock region. Hold for 30 seconds at a time before doing it on the other side.

**Repeat** 3 Times  
**Hold** 15 Seconds  
**Complete** 1 Set  
**Perform** 2 Times a Day



# Tips for Managing Sciatica Pain

## **Stay Active**

Regular, gentle exercise can help reduce pain and improve function.

## **Maintain Good Posture:**

Use ergonomic furniture and be mindful of your posture during daily activities.

## **Heat and Ice Therapy:**

Apply ice packs to reduce inflammation and heat packs to relax muscles.

## **Avoid Prolonged Sitting:**

Take frequent breaks to stand and stretch.

## **Follow Your Physiotherapist's Advice:**

Adherence to the prescribed exercises and getting appropriate therapy is key to recovery.

In Recent years our physiotherapist has had excellent success treating patient with Acupuncture combined with stimulation, manual therapy and Ultrasound Shockwave therapy

We will be sharing some insight into these treatment options in our future newsletters.

## When to Seek Medical Attention

While physiotherapy is effective for many, you should seek medical attention if you experience:

- Severe pain that does not improve with self-care and physiotherapy.
- Significant weakness or numbness in the leg.Flapping of foot while walking
- Loss of bladder or bowel control.
- Numbness and tingling around your private/ genital areas.

# Conclusion

Sciatica can be a challenging condition, but with the right approach, you can manage and alleviate your pain.

Physiotherapy offers a personalized and effective way to improve your quality of life. Always consult your healthcare provider or physiotherapist for the best treatment plan tailored to your needs.

Stay active and healthy! Enjoy your vacations and don't hesitate to reach out for any personal advice. We are always here to help.

For more information or to schedule a consultation, contact us at

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**\*Disclaimer: This newsletter is for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment.\***

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