



**(08) 9345 0842**

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- Sciatica

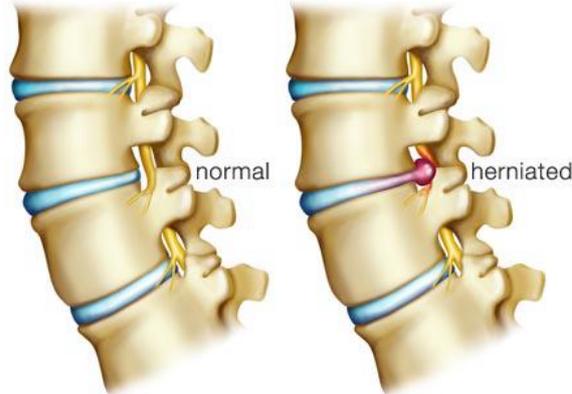
## Sciatica



Sciatica refers to the condition that involves pain/discomfort in the buttock and/or leg. It is the result of compression of the lumbar or sciatic nerve.

### Causes of sciatica

1. Lumbar herniated disc: A herniated disc occurs when the disc becomes damaged and the inner part of the disc leaks (herniates) out and causes the disc to bulge and place pressure on the closest lumbar nerves.



2. Degenerative disc disease: As we get older, deterioration of the discs naturally occurs. As the disc deteriorates inflammatory proteins are released leading to nerve irritation.

3. Isthmic spondylolisthesis: Stress fractures can cause the position of the vertebra (spinal bones) to shift, for example L5 vertebra moves forward over the S1 vertebra. The change in position can cause the space between the bones to become smaller leading to nerve compression.

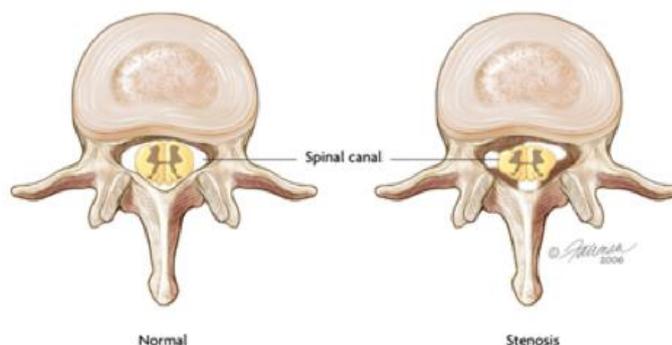
# QUALITY OF LIFE PHYSIOTHERAPY UPDATE



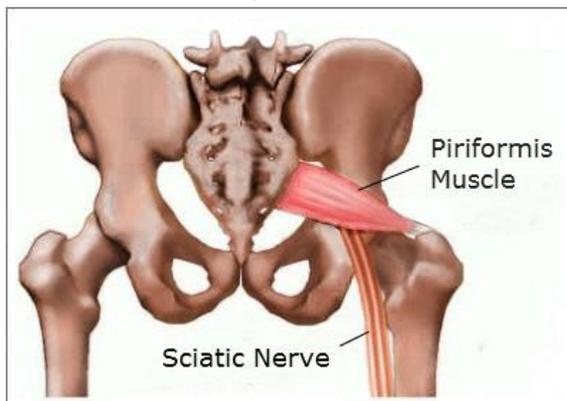
## Services Offered:

- Physiotherapy
- Back and neck care
- Sports injury management
- Orthopaedic rehabilitation
- Exercise rehabilitation
- Acupuncture
- Ergonomic assessments
- Manual handling training
- Pilates mat classes
- Living Longer Living Stronger
- Massage

**4. Lumbar Spinal Stenosis:** Narrowing of the spinal canal, usually associated with aging, can place pressure on the nerves and cause pain. Lumbar spinal stenosis usually occurs also with other factors such as, herniated disc, enlarged facet joints, and overgrowth of soft tissue. Combinations of these factors can lead to sciatica.



**5. Piriformis Syndrome:** Piriformis is a muscle in the buttock region that can compress the sciatic nerve causing sciatica type symptoms.



**6. Sacroiliac Joint Dysfunction:** Given the location of the sacroiliac joint, any dysfunction of the joint may impact upon the sciatic nerve and cause irritation.

## Treatment

Once the reason for the compression of the sciatic nerve is identified then treatment is aimed to reduce the compression. Treatment options include manual therapy such as spinal mobilisations, massage, trigger point releases, home exercise program involving activity modification and stretching. Additional therapies such as electrical stimulation and dry needling can complement your treatment of sciatica.

Contact QOL Physiotherapy today to address your sciatica and receive your individualised treatment program.