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PAIN RELIEF

# Sciatica Relief

## Calm the Nerve, Reclaim Your Life

Understanding sciatic nerve pain and the chiropractic approach to lasting relief.

**A free patient education guide from our doctors**
(630) 289-2225 · freedomwellness.llc · Hoffman Estates, IL

**Welcome**

Sciatica can be one of the most uncomfortable pain experiences there is: a burning, shooting, or electric pain that travels from the low back or buttock down the leg, sometimes with numbness or tingling.

The encouraging news is that many cases improve with conservative care. This guide explains what sciatica is, what causes it, and how we help.

## What Is Sciatica?

The sciatic nerve is the largest nerve in the body, formed by nerve roots from the low back and running through the buttock and down the back of each leg. Sciatica is not a diagnosis by itself; it describes symptoms caused by irritation or compression of those nerve roots or the nerve.

## Common Causes

- **Disc bulge or herniation:** disc material irritating a nearby nerve root
- **Spinal stenosis:** narrowing of the spaces where nerves travel, more common with age
- **Joint dysfunction:** in the low back or sacroiliac joint
- **Piriformis involvement:** tight deep hip muscles irritating the nerve
- **Spondylolisthesis:** one vertebra slipping relative to another

## Red Flags: Get Help Immediately

Go to the emergency room if leg pain comes with loss of bladder or bowel control, numbness in the groin or inner thighs, or rapidly worsening weakness in the legs. These can signal a serious condition called cauda equina syndrome.

## Our Approach to Sciatica

- Detailed neurological and orthopedic exam to find the source
- Gentle adjustments to the low back and pelvis when appropriate
- Spinal decompression for suitable disc-related cases
- Soft tissue work for the glutes, hips, and piriformis
- Nerve-friendly movement and directional exercises
- Coordination with medical providers or imaging when needed

## What You Can Do at Home

- Keep gently moving; short walks often help
- Avoid sitting for long periods, especially on soft couches
- Use heat or ice for 15 to 20 minutes
- Sleep on your side with a pillow between your knees
- Avoid heavy lifting and bending with twisting while symptoms are active
- Track whether symptoms are centralizing (moving toward your back), which is often a good sign

### A Good Sign to Watch For

When leg pain starts to retreat up toward the low back, even if back pain temporarily feels more noticeable, it often means the nerve is calming down.

### Sciatica Recovery Checklist

- ☐ Red flags ruled out
- ☐ Short walks several times a day
- ☐ Sitting breaks every 20 to 30 minutes
- ☐ Side sleeping with knee pillow
- ☐ Home exercises as prescribed
- ☐ Note changes in symptom location

## Common Questions

**Will I need surgery?**

Most people with sciatica improve without surgery. Surgery is generally considered when conservative care fails or significant neurological deficits are present.

**How long does sciatica last?**

Many cases improve over weeks to a few months. Early, appropriate care can help.

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YOUR NEXT STEP

# Let's get you feeling your best again.

Do not let leg pain hold you back. Call (630) 289-2225 to schedule an evaluation.

**Book Now: (630) 289-2225**

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**VISIT US**

1732 West Algonquin Road
Hoffman Estates, IL 60192

**OFFICE HOURS**

Tue & Thu: 8am-12pm, 3pm-6pm
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**CONTACT**

(630) 289-2225
info@freedomwellness.llc
freedomwellness.llc

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