

Fast Facts

Sciatica

<i>Symptoms</i>	<i>Treatment</i>
<ul style="list-style-type: none">-Pain in lower back radiating down a leg (mild to sharp, described as a burning sensation or a jolt/electric shock feeling)-Numbness, tingling sensation and muscle weakness in affected leg (possible to have pain in one part and numbness in another)	<ul style="list-style-type: none">-Anti-inflammatory medication (ibuprofen, naproxen)-Ice packs (after a couple of days, hot packs)-Gentle stretching-Doctor can prescribe muscles relaxants and stronger pain medicate, if needed.-Physical therapy-Steroid injections-Surgery to fix a herniated disc or bone spur

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