

SUNDAY MORNING HEALTH CORNER

What Do You Know About Sciatica?

A doctor's visit is not necessary to determine if you suffer from sciatic pain. Sciatica is a form of back pain that radiates from the spine along the lower back and leg, spreading to the hip and buttocks. Sciatica is often felt in one leg and aggravated by sitting too long, sneezing and/or coughing. Shooting pain is a main symptom as well as experiencing numbness in the leg and a tingling sensation in the feet and toes.

Sciatica is treatable and usually resolves within a few weeks to a few months. Here are ways to relieve sciatica on your own:

- **Chiropractor**
- **Muscle Relaxants**
- **Anti-inflammatories**
- **Specific stretching exercises**

In extenuating circumstances to remove a herniated disc or stenosis pressing on the nerve, surgical treatment is an option.

www.balmingilead.org

620 Moorefield Park Drive, Suite 150
Midlothian, VA 23236
804.644.2256

10/13/19



source: blackdoctors.org

THE
BALM 
IN
GILEAD™
INC.