

**REVIEWED***By Chris at 12:20 pm, Feb 24, 2020***injurymap**

# Sciatica



Lumbago with sciatica is characterized by pain radiating from the lower back down into your leg. Tailored exercises can be a key part of your ongoing pain prevention strategy. Post diagnosis, focus on building a strong core with good functional range across the joints of the spine and hips. Read on for information on symptoms

treatment options.



## **Injurymap's rehabilitation program for this diagnosis is the most popular**

Our users have given the program an average rating of 4.7 out of 5 after using the app.

[Try the app now](#)

**Finn Johannsen**

Specialist MD in rheumatology

## What Is lumbar sciatica?

Sciatica is characterized by pain radiating from the lower back into the legs. If you are suffering from lower back pain without any pain shooting down your legs, you can read about the most typical forms of lower back pain (lumbago) [here](#).

## Causes of Sciatic Nerve Pain

Pain radiating into the legs can have many different causes. For example, it may be caused by irritation of the sciatic nerve due to a herniated or prolapsed disc in your spine. Most often, it's caused by pain from the muscles, tendons, ligaments/joints or joints in the lumbar region, lower back and/or buttocks.



## Diagnosis and Treatment of Sciatic Pain

### Stay active

Even if you've been told you should not lift heavy objects and avoid certain positions, staying active is your best bet. Being entirely immobile will only lock your back into a state of limited functionality. It's important to know that pain in itself is not harmful. You should not overprotection your back but instead alternate between walking, standing, sitting and lying down. It'll help you prevent the injured muscles from stiffening and weakening.

### Rehabilitation

The optimal rehabilitation treatment plan will enable the specific exercises and activities you need to perform during the course of your work and your spare time. You'll achieve this through some form of cardio exercise such as aerobics, which will improve stabilization, strength, function and oxygen absorption.

Acute pain or a worsening of your chronic pain are a sign to reduce the intensity of whatever exercise or activity causes it. It's very important to avoid the causes of sudden pain.

As your training progresses and pain levels decrease, you will gradually increase the intensity of everyday activities, so you can return to your usual activity levels. It can often take three to six months to achieve full recovery. For this reason, it can be a good idea to seek advice on how to stay motivated.

Even if you are under the impression that training shouldn't cause pain from exercising is acceptable - so long as the level of pain isn't too high and it abates quickly once training ceases. This is similar to the fact that stretching exercises can feel painful as they concentrate on

# Exercises for Sciatica

---

Curl and sway on knees  
10 reps x 1 sets

---

---

McKenzie bent arm  
5 reps

---

---

Leg lift on the floor I  
5 reps x 1 sets

---



## About the author

**Finn Johannsen** is a specialist MD of rheumatology with a diploma musculoskeletal medicine, as well as an award-winning specialist in treatment of sports and work-related injuries.





We believe in everyone's ability to help themselves. We are on a mission to give people the tools to treat their own muscle & joint pain.

## RESOURCES

**[Terms And Conditions](#)**

**[Privacy Policy](#)**

**[Support](#)**

**[Free Human Anatomy](#)**

**[Illustrations](#)**

**[Exercise Videos](#)**

**[Dashboard](#)**

**[About Us](#)**

**[Press Kit](#)**

**[Prevent Running Injuries](#)**

## LANGUAGE

**[Dansk](#)**

**[English](#)**