

# Low back pain and Sciatica





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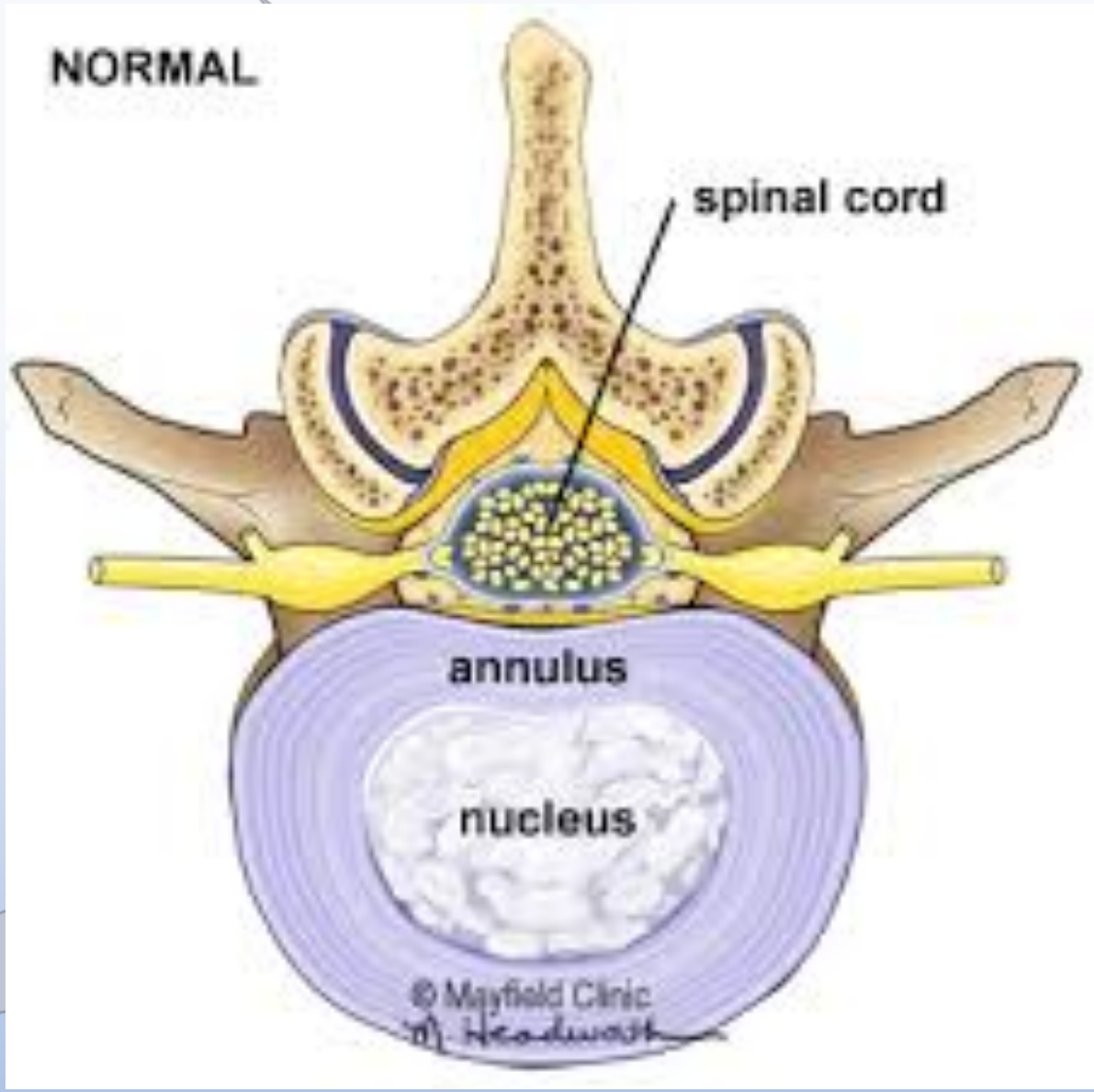
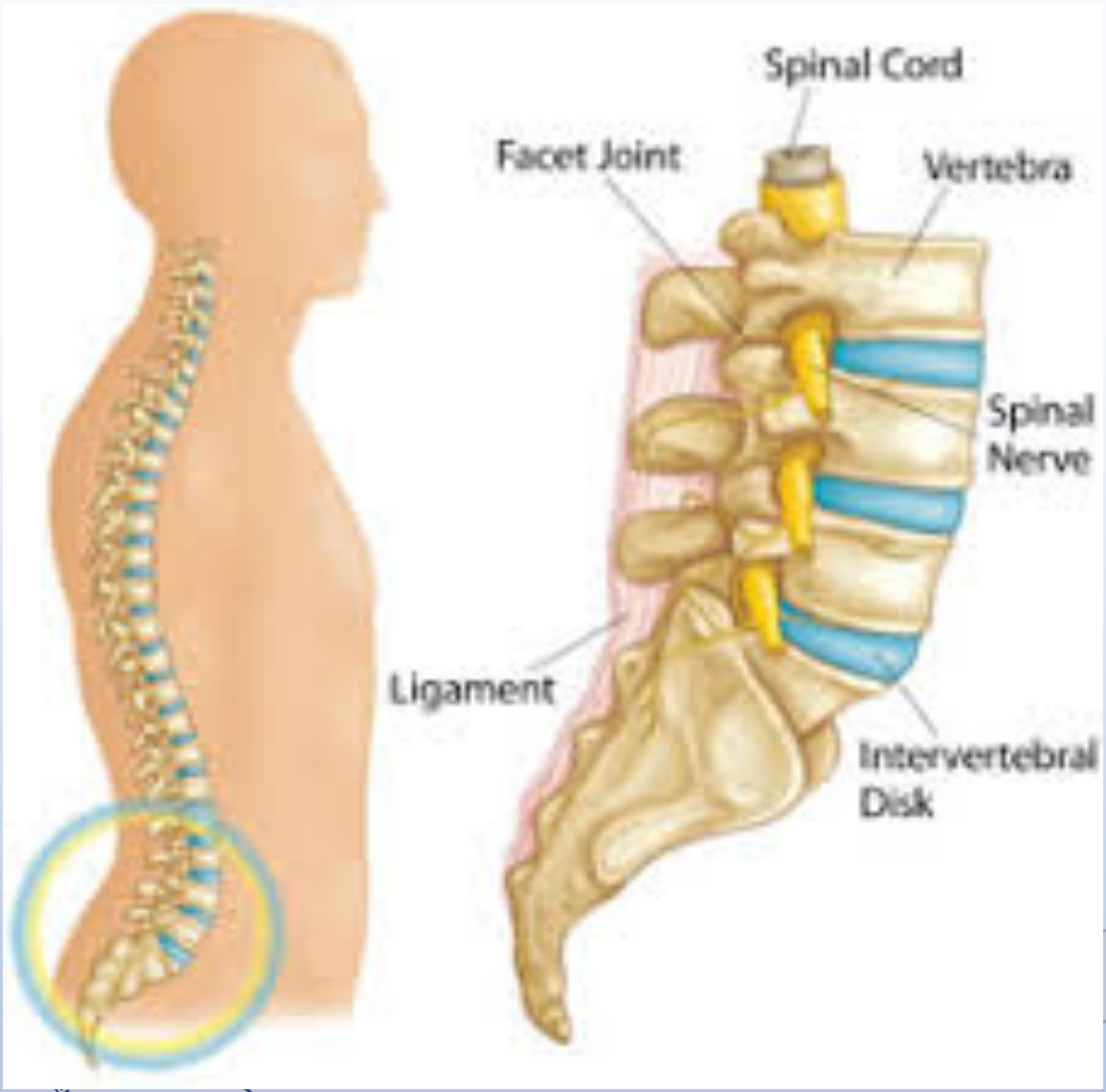
Owner, 3 Dimensional Physical Therapy



# What will you learn today?

1. The main causes of low back pain
2. What is sciatica?
3. The biggest mistake people make regarding Low Back Pain
4. What are your options to treat Low Back Pain?





# 3 Main Causes of low back pain

1. A disc issue  
(herniation, bulge, etc..)

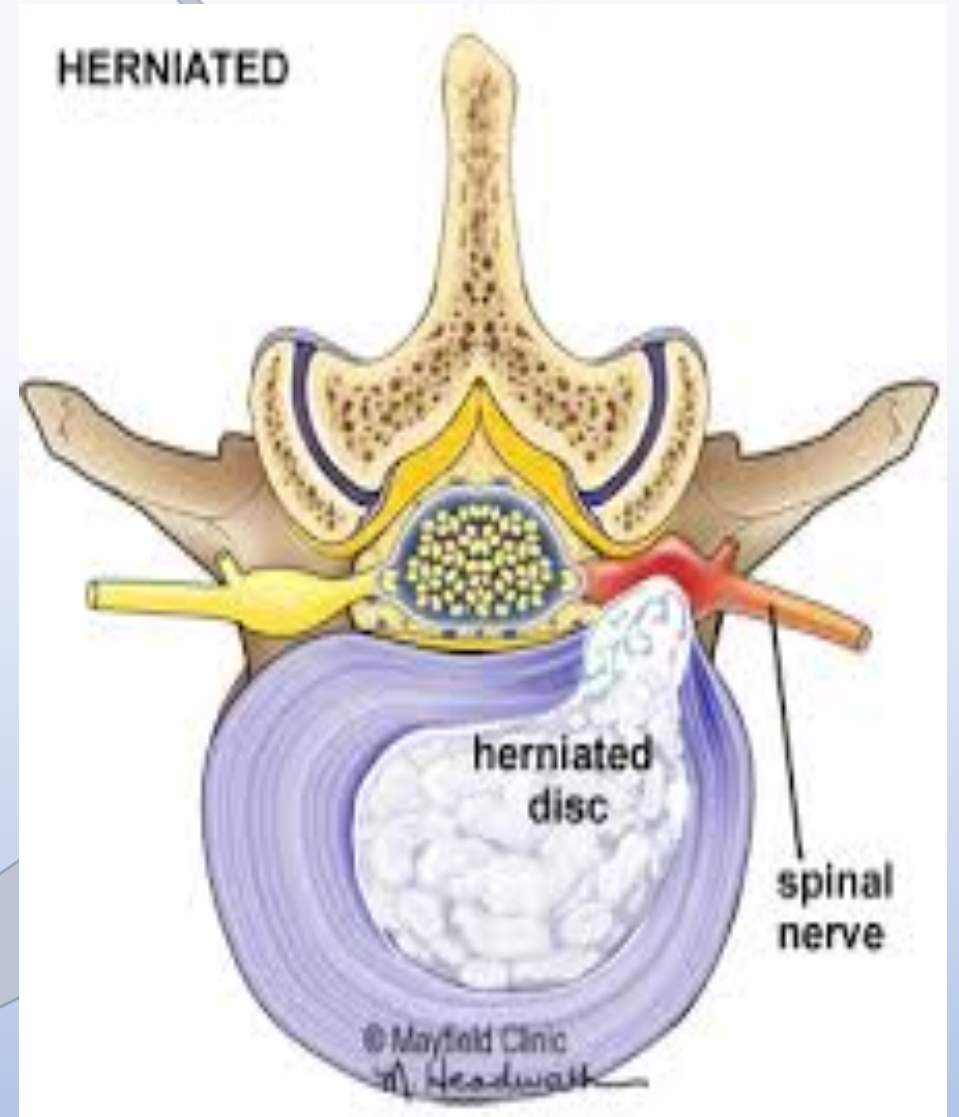
2. Stenosis

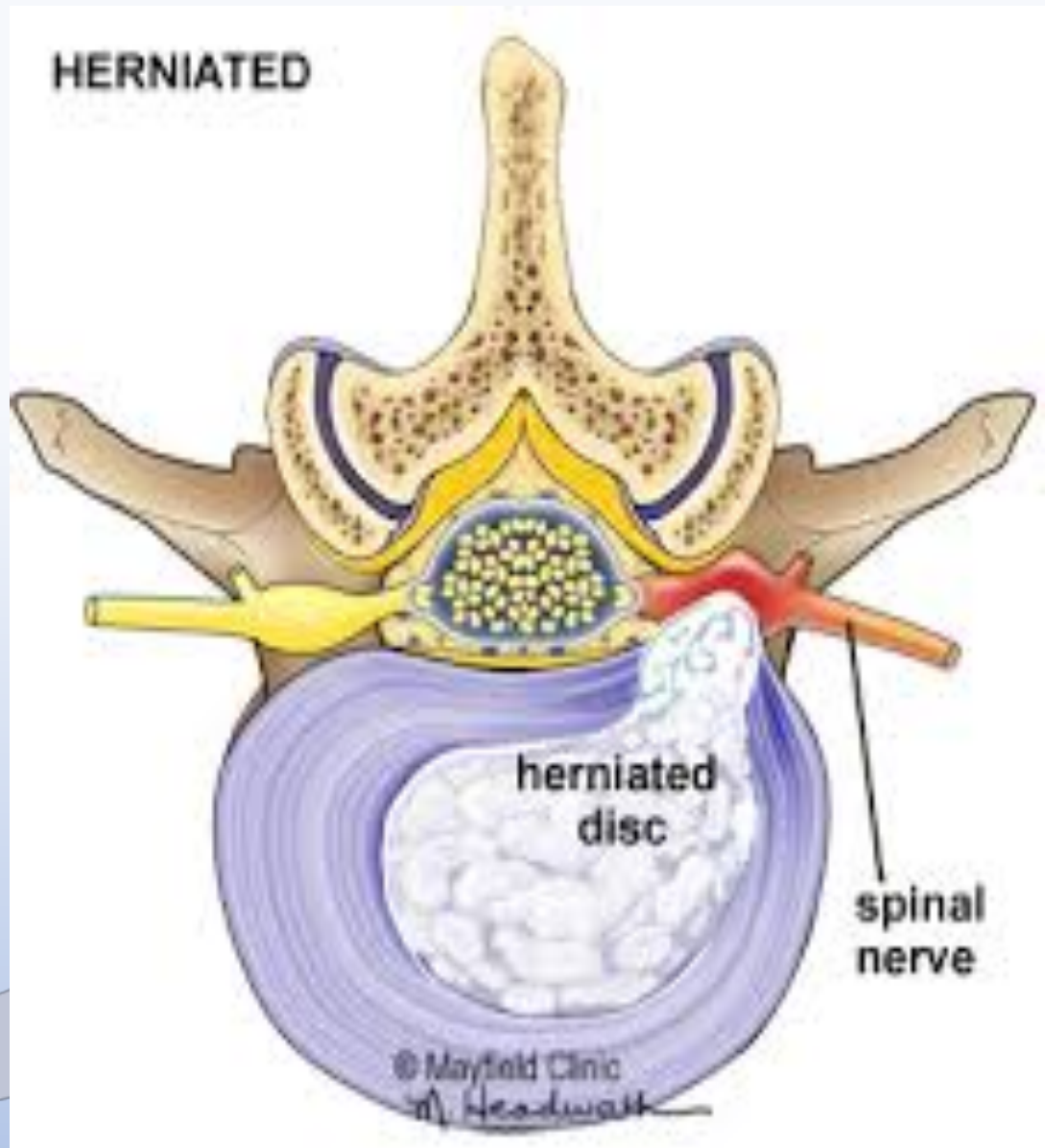
3. SI joint pain



# Disc herniation

- Disc is no longer fully contained
- Disc presses against nerve
- Nerve sends signal of pain into buttock/leg
- Many times there is NO pain in the lower back









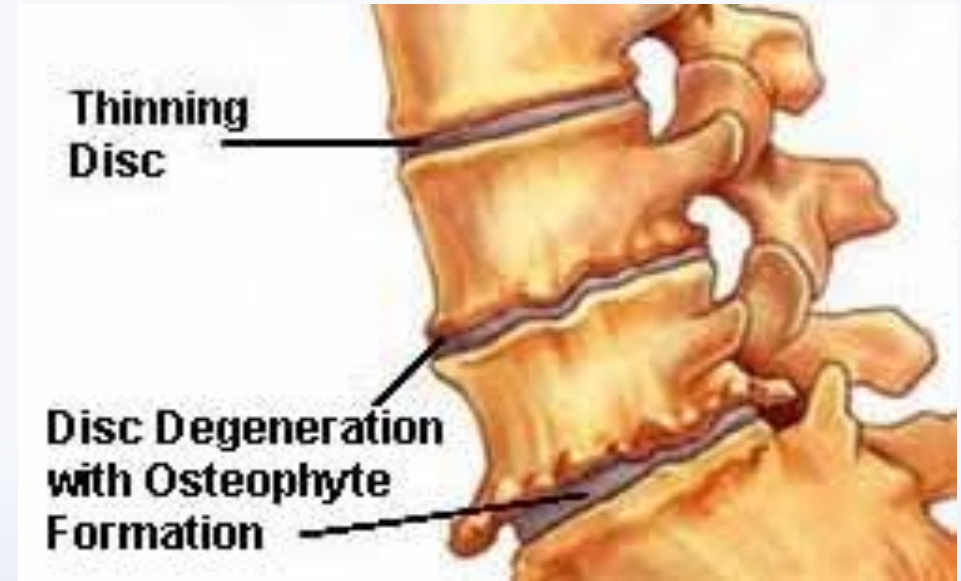
# How else can we tell if it is a disc problem?

- If it is a struggle to put on your shoes and socks
- If sitting makes you feel worse
- If you dread driving in your car for more than 20 minutes
- If you feel better when you move around



# Stenosis

- Nerve root passes through bony tunnel
- Sometimes this tunnel can be compromised
- Nerve gets compressed in the bony tunnel
- Result can be pain into the buttock/leg
- Result can also be pain in lower back



# How else can we tell if it is a stenosis problem?

- If you are over age 50
- If walking makes your pain worse
- If you rely on the shopping cart for support when you walk
- If you feel better when you sit



# What is Sciatica???



If a disc problem and stenosis can both give you sciatic pain, how do we know the cause?



# Flexion and extension



WHAT IS THE BIGGEST MISTAKE  
PEOPLE MAKE IN TREATING LOW  
BACK PAIN..?

**They wait too long to  
seek treatment!!!**



# Treatment options

- 1.Nothing
- 2.Rest
- 3.PHYSICAL THERAPY!!!***
- 4.Medication
- 5.Injections
- 6.Surgery





How long is it going to take to  
go away?

It depends... **On you!!!**

Variables that influence your healing:

Your Health  
Your Discipline  
Your Hope



# Thank you for coming!



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