

Q&A – Sciatica pain
Ask the Physical Therapist
By Todd Loehrke, DPT, CMTPT

Q: When my sciatica acts up, everything is painful. Does this ever completely heal, or will I have to deal with the pain every few months?

A: Actually, we know that sciatica can heal under the right conditions. Your body is capable of forming scar tissue to reinforce an injured disc, thereby decreasing the irritation on the associated nerve that causes the sciatica. Your OST physical therapist specializes in showing you the best ways to create a healing environment for your specific injury and sciatica

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