



# Low Back Pain and Leg Pain (Sciatica)



## What is low back pain and leg pain (sciatica)?

- Numbness, tingling, or pain that travels down your leg
- Activities that can contribute to back pain include lifting, reaching, twisting, sitting for a long time, or doing repetitive work

## Will my pain go away?

- The duration of pain can vary from one individual to another. Back and leg pain can last a few months.
- Receiving treatment may relieve the pain and help you return to activities you enjoy

## What can I do?

- To help speed up your recovery:
- Participate in your care with your healthcare provider
  - Continue day-to-day activities even if you experience some pain (within reason)

## Discuss with your healthcare provider which treatment options might be right for you:

- Spinal manipulation<sup>a,b</sup>
- Home exercises (positioning and stabilization)
- Further evaluation by your physician

## Contact your healthcare provider if you experience any of the following

- Unexplained deformity, swelling or redness of the skin
- Weakness not due to pain
- Fever/chills/feeling ill
- Trouble breathing
- Inability to perform movements
- Pain at rest
- Sudden weight loss or loss of appetite

<sup>\*</sup>Low back pain with leg pain (sciatica) refers to spine-related symptoms with neurological symptoms or deficits, interference with function or activities of daily living, focal pathology compromising neural structures.

<sup>a</sup>Back and leg pain ≤ 3 months duration | <sup>b</sup>Back and leg pain 4-6 months duration

Côté P, Shearer HM, Ameis A, et al. Enabling recovery from common traffic injuries: a focus on the injured person. UOIT-CMCC Centre for Disability Prevention and Rehabilitation. 2015 and Bussi eres AE, Stewart G, Al-Zoubi F. et al. Spinal manipulative therapy and other conservative treatments for low back pain: a guideline from the Canadian Chiropractic Guideline Initiative. J Manipulative Physiol Ther. 2018;1-29.