

Where's that pain?

Distinguishing sciatic nerve pain from other types of lower body pain is key to treating it

Pain in your back, hips or legs is simply a part of aging for some. But what's key is knowing where the discomfort starts and ends so your health care provider can put you on the right path to, hopefully, pain-free living.

TAKE VO

Glenett Barrett [gleh-NET // BARE-it] is an orthopedics advanced practice registered nurse at OSF HealthCare. She sees plenty of people with pain tied to the sciatic [sy-AT-ick] nerve, commonly called sciatica [sy-AT-ick-ah]. This pain will start in the buttock and go down the back of a leg. For severe cases, a steroid injection may be needed.

SOT

Glenett Barrett [gleh-NET // BARE-it], orthopedics advanced practice registered nurse at OSF HealthCare.

“An injection doesn't help dissolve a herniated disk. It takes the swelling down in the nerve, which takes some of the pain away. It makes a person more comfortable while the body does that work to get the piece of the disk away from the nerve and absorb it.” (:16)

VO TAG

The best way to look after your spine and prevent nerve pain: get moving.