

## **Where's that pain?**

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

Run time - :32

ANCHOR LEDE: 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 pain-free living. Tim Ditman of OSF HealthCare has more.

\*\*\*

Sciatic nerve pain stems from a spine problem. It starts in the buttock and goes down the back of the leg.

Severe cases may mean a steroid injection, says OSF APRN Glenett Barrett [gleh-NET // BARE-it].

*SOUNDBITE: "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."*

I'm Tim Ditman.

\*\*\*

TAG: The best way to look after your spine and prevent nerve pain: get moving, strengthen your core muscles, and don't smoke.