

Low Back Pain and Leg Pain (Sciatica)

The following information is for adults experiencing low back pain and leg pain (sciatica) lasting ≤ 6 months



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^{a,b}
- 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

*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.

^aBack and leg pain ≤ 3 months duration | ^bBack and leg pain 4-6 months duration

Information based on: 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.