

ASSESSMENT GUIDE

Prepared for: Test User

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Initial Pain Score: N/A/10

Developed by Bradley W. Carpentier, MD
Board Certified Pain Management Specialist

PainOptix™ Sciatica Education Guide

Exploring Sciatica and Leg Pain

Prepared for: General Use

Date: [date]

Learn About Sciatica

Thank you for using PainOptix™, developed by Dr. Carpentier at DrCPainMD, to explore back pain

How Your Input Relates

You indicated that your pain extends from your lower back into one leg, going below the knee, and

possibly difficulty with tasks like walking on heels or toes. These symptoms are commonly associated

with sciatica, so this guide focuses on helping you understand this condition to discuss with a doctor

[Chou et al., 2007].

What Is Sciatica?

Sciatica is pain that radiates from the lower back down one leg, often caused by irritation or compression of the sciatic nerve, typically from a herniated disc at the L4–S1 levels of the spine [Chou

et al., 2007]. It affects about 4% of people with back pain [Chou et al., 2007]. Common features include:

- Symptoms: Pain, numbness, or tingling in the lower back and one leg, often extending below the knee. Pain may worsen with sitting, coughing, or sneezing [Cohen & Raja, 2020].
 - Relief: Lying down, gentle walking, or changing positions may reduce discomfort in some cases [Chou et al., 2007].
 - Other Signs: Mild weakness in the foot or difficulty lifting the toes (foot drop) may occur, or difficulty with tasks like walking on heels or toes [Vroomen et al., 1999].
- Sciatica is often caused by a herniated disc, spinal stenosis, or muscle strain. About 90% of cases

improve within 4–6 weeks without surgery, though some may require medical intervention [Weber,

1983].

When to Seek Help

Most sciatica improves within 4–6 weeks, but contact a doctor promptly if you notice [Chou et al., 2007;

Downie et al., 2013]:

need immediate care (e.g., within hours for cauda equina syndrome, prevalence ~0.04%) [Chou et al., 2007; Todd, 2005].

evaluation to rule out infection or malignancy [Downie et al., 2013].

Help Improve This Tool

Share your experience on PainCrowdsource.org to help researchers improve back pain education.

Answer questions like “Was this guide helpful?” or “Did you visit a doctor?” to support better tools. Your

anonymized feedback is secure and requires your consent.

Stay Informed

Understanding sciatica can help you discuss symptoms with a doctor. Bring this guide to your appointment to support a thorough evaluation.

-The PainOptix Team

Important Note

This basic guide provides general educational information only. For a comprehensive understanding of your condition, including detailed management strategies and exercises, consider our Enhanced or Monograph guides. Always consult a healthcare provider for proper evaluation and personalized medical advice.

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