

Sciatica is a Symptom, Not a Diagnosis



Dr. Rochelle Bien & Dr. Michael Goldstein

Contrary to what many patients believe sciatica is a set of symptoms rather than a diagnosis for what is causing the pain. Sciatica means that a patient's sciatic nerve is being compressed by another spinal structure, usually causing pain in the low back, on one side of the rear and/or down the back of the leg. Numbness and/or tingling may be present as well. Causes may include disc herniation, pinched nerve, spinal stenosis and lumbar subluxation.

John H. presented to our office complaining of sciatic pain down his leg. When he was driving, sitting and/or standing for long periods it aggravated his pain. Lying down relieved the pain temporarily, but it never went away. He went to his primary doctor and was given medication which was not effective.

A friend suggested that John call the Holistic Center at Bristol Square and make an appointment.

After performing a consultation and examination and taking X-rays, it was determined that John had a pinched nerve in his lower back that was causing his symptoms. John underwent a program of care and within 4-6 weeks of treatment John's symptoms had resolved. John was put on a supportive exercise plan and a maintenance plan and is still feeling great.

If you or a loved one is experiencing sciatic symptoms, don't hesitate to call the Holistic Center at Bristol Square (508) 660-2722 and make your appointment to see Dr. Michael Goldstein or Dr. Rochelle Bien. The center is located at 1426 Main Street in Walpole.