

What is Sciatica?

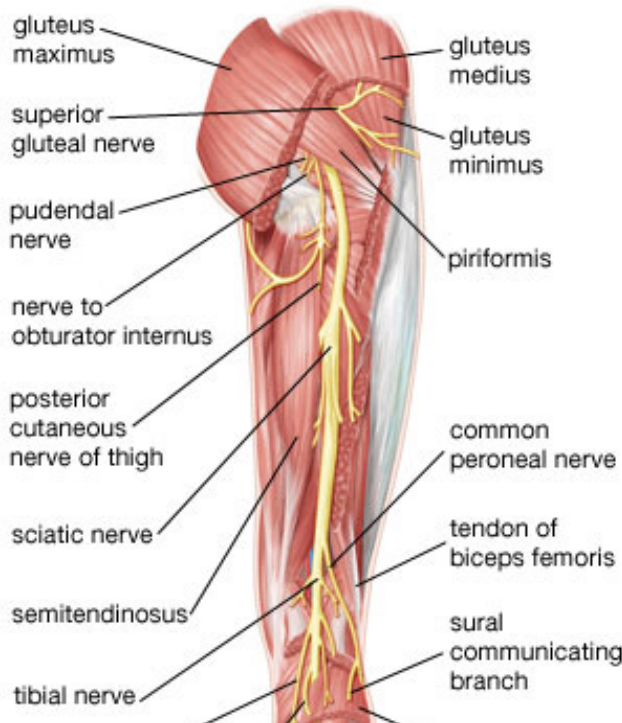
Sciatica refers to pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one side of your body.

Risk Factors include:

- Age
- Obesity
- Occupation
- Prolonged Sitting
- Diabetes

Prevention- It's not always possible to prevent sciatica, and the condition may recur. The following can play a key role in protecting your back:

- Exercise regularly
- Maintain proper posture when you sit
- Use good body mechanics



Well-being tip: Sit evenly in chair!

Try to avoid leaning to one side or sitting with legs crossed for an extended period of time. This can put pressure on the sciatic nerve and affect the circulation in your legs.

Common Problem:**Solutions:**

Leaning to one side or crossing legs for long periods

If you are prone to leaning or crossing legs, make sure to change positions frequently.

Chair set too high causing pressure on back of legs

Make sure chair is set to proper height so when you are seating you are using full seat of chair and feet can rest fully on the ground (or foot stool).

Low back fatigue or aches from tight glutes and/or hamstrings

Take frequent movement breaks and try these hip/leg stretches in the videos or pictures below. Also try changing positions every 60-90 minutes.

Try these videos to stretch the hips and legs!



1. [Sciatica Stretches & Exercises: https://www.youtube.com/watch?v=pX-QI4wRpiE](https://www.youtube.com/watch?v=pX-QI4wRpiE)
2. [3 Miracle Exercises for Hip Pain: https://www.youtube.com/watch?v=cNMICPmhQXg](https://www.youtube.com/watch?v=cNMICPmhQXg)
3. [How to Unlock Your Hamstrings and Decrease Back Pain: https://www.youtube.com/watch?v=msxQR56U7sl](https://www.youtube.com/watch?v=msxQR56U7sl)

