# Sciatica

Sciatica is a name for lower back problems. Pressure on the sciatic nerve causes pain in the bottom (*buttocks*) and back of the leg.

## HOME CARE

- Usually, pain gets better with rest and medicine.
- Take medicine as told by your doctor.
- Apply cold or heat to your back as told by your doctor.
- **Do not** bend, lift, or sit much until your pain is better.
- **Do not** do anything that makes the condition worse.
- Take short periods of bed rest until you are back to normal.
- Start normal activity when the pain is better.

## GET HELP RIGHT AWAY IF:

- There is more pain.
- There is weakness or numbness in the legs.
- You cannot control when you poop (*bowel movement*) or pee (*urinate*).

## MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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