



Lumbar radiculopathy is a condition that happens when a nerve in your lumbar spine is pinched or irritated.

CAUSES

- Lumbar disc herniation causing nerve compression or irritation
- Spinal or foraminal nerve canal stenosis causing nerve compression or irritation
- Degenerative changes causing nerve compression or irritation
- Spondylolisthesis (vertebrae moving forward more than other vertebrae) causing nerve compression or irritation
- Osteophytes (bone spurs) causing nerve compression or irritation

SYMPTOMS

- Pain that radiates from the low back to the buttocks, groin and/or down the back of the leg
- Pain below the knee
- Pain that worsens with coughing, sneezing, standing or sitting
- Numbness, weakness or tingling in the low back or legs

TREATMENT

- Medication
 - Acetaminophen
 - NSAIDS help decrease swelling, pain and fever. **ALWAYS ASK YOUR PROVIDER IF NSAIDS ARE SAFE.**
 - Muscle relaxants
 - Oral steroids
 - Nerve medication
- Physical therapy
- Epidural steroid injections
- Shoe inserts if leg length discrepancy
- Physical therapy to include stretching and exercises
- Chiropractic therapy

SEEK MEDICAL CARE IF:

- You have pain that is not relieved with rest or medicine.
- You have pain that does not improve in one week.
- You have new symptoms.
- You are generally not feeling well.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have pain that radiates from your back into your legs.
- You develop loss of bowel or bladder function.
- You have unusual weakness or numbness in your arms or legs.