

Where's that pain?

Distinguishing sciatic nerve pain from other types of lower body pain is key to treating it

*****SOT*****

Glenett Barrett, orthopedics advanced practice registered nurse at OSF HealthCare

"Usually if it's not complete pressure on the nerve, the pain stops above the knee. If there is actual pressure on it from a herniated disk, spinal stenosis or some other agent, the pain will go to the foot." (:17)

*****SOT*****

Glenett Barrett, orthopedics advanced practice registered nurse at OSF HealthCare

"Avoid the things that bother the person. If their pain is increased by bending, stooping and lifting on the job, I might take them off work for a little bit to rest." (:17)

*****SOT*****

Glenett Barrett, orthopedics advanced practice registered nurse at OSF HealthCare

"It's not just about the one time they're having pain but to prevent it from happening again." (:07)

*****SOT*****

Glenett Barrett, orthopedics advanced practice registered nurse at OSF HealthCare

"An injection doesn't help dissolve a herniated disk. It takes the swelling down in the nerve, which takes some of the pain away. It makes a person more comfortable while the body does that work to get the piece of the disk away from the nerve and absorb it." (:16)

*****SOT*****

Glenett Barrett, orthopedics advanced practice registered nurse at OSF HealthCare

"When a person has degenerative disk disease, they can have flare ups when they sit too long. That puts a lot of stress on the disk. That's why walking is really important for people who have aging spines." (:12)