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Physiotherapy treatment of sciatica: rehabilitation proposal

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Sciatica is a medical condition characterised by pain that originates in the lumbar region and extends down the posterior lateral aspect of the leg, often radiating to the foot or ankle. Various symptoms, such as numbness or paraesthesia, can accompany pain across the affected nerve root. Lumbar nerve root pain is usually caused from a prolapsed intervertebral disc or from spinal stenosis. This results in irritation or compression to the sciatic nerve which is often followed by referred leg symptoms. Many individuals with sciatica demonstrate an altered gait pattern with antalgic gait and psychological implications that hinder the recovery. The aim of our therapeutic plan is to reduce patients' pain scores and disability and correct altered gait patterns through the use of various physical therapy interventions in patients with sciatica. We use advanced physical therapies and a specialist equipment for spinal decompression, the Dynamic Antigravitational Postural System (SPAD) from the University of Chieti "Gabriele d'Annunzio".

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