Sciatica Chiropractic Care Checklist

Helps the reader prepare for and get the most from chiropractic care for sciatica pain.

- [ ] Ask your chiropractor about spinal adjustments and how they may reduce pressure on the sciatic nerve.
- [ ] Ask whether the flexion-distraction technique suits you, especially if a herniated disc is involved.
- [ ] Ask about therapeutic exercises that strengthen the core and lower back and improve flexibility.
- [ ] Share your full medical history, since severe issues like herniated discs or fractures can change what is safe.
- [ ] Tell the chiropractor right away if a technique feels too aggressive or increases your pain.
- [ ] Space out treatments based on your needs, because too much care in a short time can cause soreness.
- [ ] Make sure all your healthcare providers communicate so that your treatments stay consistent.
- [ ] Ask for advice on workstation setup, posture and daily habits that may aggravate sciatica.
- [ ] See a doctor first if you are unsure about your condition or have severe pain or neurological symptoms.

Notes

For general education only. Not a substitute for professional medical advice.