

Is my Back Pain Caused by Sciatica?

We highly recommend you see your physician to get properly diagnosed. Sciatica can be a serious disabling condition and you don't want to be misdiagnosed. If you are diagnosed with sciatica, go to www.bobandbrad.com and go to the program section. We have a program devoted entirely to sciatica.

However, we do provide two seated self-tests you can perform. That way you can be armed with knowledge when you meet your health care provider.

Test One (Herniated or Bulging Disc)

Seated straight leg raise for a herniated disc. In a seated position lift your right leg with the knee straight. With the leg in the air bend your right foot toward you while simultaneously flexing your neck. If you have a herniated disc, you often will feel increased pain or symptoms down the leg with this test. Repeat with left leg.



Test Two (Herniated or Bulging Disc)

Sit in a chair without any arms. Grab the underside of the chair with both arms and pull up.



Slouch forward and extend your neck back. Note pain in your back and leg(s).



Now flex your neck forward (while still slouched and pulling up on the underside).



If you have more pain flexing the neck forward it is likely caused by a herniated or bulging disc.