

Sciatica

Sciatica causes a painful sensation like an electric shock or a needle puncture. Many office workers suffer from sciatic pain.



The sciatic nerve extends from the lower back over the hips and buttock and down to the back of the legs.



Bone spur

What is Sciatica?

Sciatica refers to the sciatic nerve being pinched, mostly as a result of a herniated disc or a bone spur. The sciatic nerve is the longest and largest nerve extending from the lower back over the hips and buttock and down to the back of the legs. Degeneration of the spine, long term lifting, sprain from vigorous exercise or prolonged poor posture can lead to a bulging or ruptured disc in the lumbar spine, adding pressure on one or more nerve root which join together as the sciatic nerve, causing the symptoms.

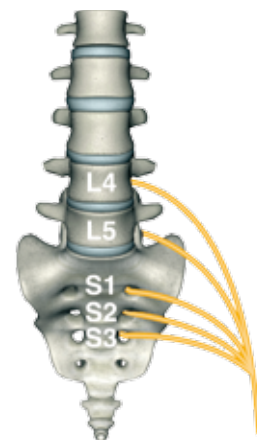
Bone spurs, bone outgrowths on the edges of joints, are more common for older patients. When bones are constantly overloaded or cartilages are worn out, bone spurs will grow to protect the body but can press the nerves, thus causing sciatica.

What are the symptoms?

Sciatica can cause numbness, tingling and pain that run from the lower back and buttocks to the back of the leg. It is characterized with a painful sensation like an electric shock or a needle puncture. Patients feel extreme pain when coughing, sneezing, sitting down or going to the toilet. In severe cases, some find their leg muscles weak and have difficulty walking.

How is it diagnosed?

Medical history such as previous episodes of back pain and injuries will be examined. The doctor will also examine the mobility of your legs and spine and the irritability of sciatic nerve at different angles by performing a straight leg rise test.



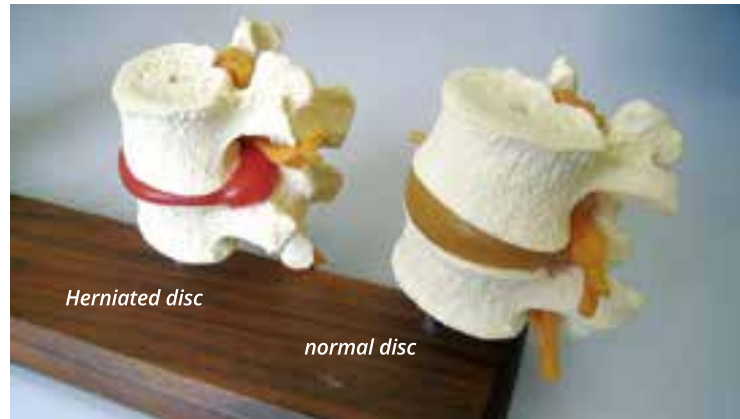
Sciatic nerve consists of L4, L5, S1, S2 and S3 nerve roots. Any nerve root being pressed can cause sciatica.

What are the treatment options?

In most cases, pain from sciatica will be gone within a short period. If problems prolong, we advise consulting a doctor early. Most of the patients relieve much of their pain by means of physiotherapy treatment and medication. Few patients require further treatment such as injections and surgery.

Surgical options include traditional open surgery and minimally invasive spinal procedures such as lumbar microdiscectomy.

It is crucial for the surgeon to identify which nerve root is being suppressed. In a minimally invasive surgery, your disc tissue or spinal structure, which is damaged or diseased, will be removed by using fine instruments through a very small incision. Once the damaged disc, which causes compression on nerve root/spinal cord, is removed, symptoms will be relieved.



What is the expected outcome?

The majority of sufferers can recover within months after continuous and progressive treatment.

For patients who undergo surgery, in most cases, surgery can be done with an overnight stay in the hospital. Patients are discharged when vital signs are stable and are able to walk unaided, eating without nausea and bladder activity is normal.

How can I prevent Sciatica?

Good body mechanics and good posture to keep your spine well aligned is vital to preventing sciatica, but maintaining a safe balanced position may require some changes in how you go about daily activities.

The materials contained here are for general health information only, and are not intended to replace the advice of a doctor. Matilda International Hospital and Matilda Medical Centre will not be liable for any decisions the reader makes based on this material.

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坐骨神經痛

坐骨神經痛的患者承受著有如觸電或針刺般的痛楚。其實，這是一種很普遍的疾病，不少文職人士亦會體驗到坐骨神經痛之苦。



坐骨神經是由下腰一直伸延到腳背。



骨刺

甚麼是坐骨神經痛？

坐骨神經痛是指坐骨神經受壓，通常是於椎間盤突出或骨刺所致。坐骨神經是人體最長及最大的神經線，由下腰一直伸延到腳部。

脊椎退化、長期負重、劇烈運動引致的扭傷或長期姿勢不當都可導致脊椎椎間盤突出或撕裂，令一條或以上連接坐骨神經的神經線受壓，引發坐骨神經痛。

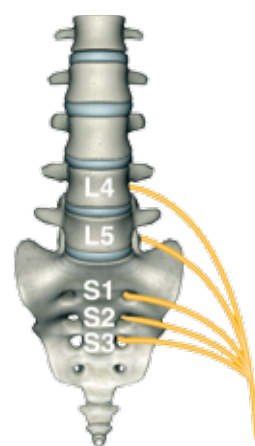
年老的坐骨神經痛患者則較常因為骨刺（在骨頭邊緣出現增生的情況）的緣故而患有此症狀。當骨頭持續地負重或軟骨磨損，骨刺會隨之生長以保護身體，但同時也對神經線施加了壓力，導致坐骨神經痛。

坐骨神經痛有甚麼徵狀？

坐骨神經痛的患者會感到肌肉麻痺、有如觸電或針刺般的刺痛，由下腰開始，一直伸延至腳部。患者在咳嗽、打噴嚏、坐立或上廁所時會感到劇烈痛楚，嚴重者會感到腳部軟弱無力及走路有困難。

如何診斷坐骨神經痛？

醫生會審視你的病歷和檢查有沒有早期徵狀如背痛和創傷等等。醫生亦會請你把腳伸直提起，以評估你脊椎的活動能力，及對坐骨神經的反應。



坐骨神經是由L4、L5、S1、S2及S3的神經根組成，任何一條神經根受壓將會造成坐骨神經痛。

怎樣治療坐骨神經痛？

大部分的坐骨神經痛症都不會持久，痛楚會在短期內消失。如問題持續，我們建議你及早諮詢醫生。大部分的患者可透過物理治療和藥物治療坐骨神經痛，只有少數的患者需要進一步接受打針和手術治療。

治療坐骨神經痛的手術種類包括傳統外科手術及微創脊椎手術，如微創腰椎椎間盤切除術。

判斷你哪一條神經線受壓乃十分重要。在微創切除手術中，外科醫生會用精細的工具利用小切口切除受損、不健全的椎間盤或脊骨組織。由於受損的椎間盤會導致神經線或脊椎受壓，坐骨神經痛的徵狀在切除組織後便得以消除。



手術後的效果如何？

大部分患者接受一連串漸進式的療程後，在數個月內會康復。

在大部分的情況下，接受手術治療的病人會於手術後第二天便可出院。如你手術後情況穩定，恢復自行走路的能力，能進食而沒有噁心的感覺，以及膀胱活動正常，你便可出院。

如何預防坐骨神經痛？

良好的身體機能和姿勢能令你的脊骨保持挺直，對預防坐骨神經痛有很大的幫助。不過，要遠離坐骨神經痛，你或需要改變日常生活的習慣。

此健康單張所提供的資訊僅供參考之用，並不能取代醫生的專業意見。明德國際醫院及明德醫療中心對讀者在閱讀後所作出的任何決定並不負上任何責任。

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