

Hope for patients with chronic pain

Syndrome *Spotlight*

Lumbar Disc Radiculitis

Definition: Radiculitis is pain due to the inflammation of a nerve root that is connected to the spinal cord. Sciatica is a common form of radiculitis. This condition deals with the sciatic nerve that runs from the lower spine and back to the buttocks, back of thigh, calf, and feet.

Depending where the nerve roots are inflamed will determine the kind of symptoms someone has. Radiculitis can result from several other issues such as disc degeneration, herniated discs, injury/trauma, lumbar Spinal Stenosis, sciatic nerve injury. Age, occupation, and health are all important factors to consider when dealing with this type of back pain.

Symptoms: Pain usually occurs in the lower back, buttock, or thighs.

Tingling: Can be present in toes and feet if radiculitis is happening on the sciatic nerve

Numbness: Numbness may be felt in legs and feet in certain areas.

Treatment Options: Treatment depends on the severity of the condition. Ice, heat, rest, medication, injections and physical therapy are a few treatment methods that may be used in combination for best relief result.

Great Lakes Pain is excited to announce that in the new year we will be offering a comprehensive Fibromyalgia Clinic. Fibromyalgia is a chronic pain illness which is characterized by widespread musculoskeletal aches, pain and stiffness, soft tissue tenderness, general fatigue and sleep disturbances.

Our providers have reviewed the latest literature in order to provide the highest quality and most comprehensive program for our patients. We will be offering a preliminary assessment for individuals to determine whether they qualify for enrollment in this treatment program. *More information will be coming soon!*

If you want more information on our Fibro Clinic now, or any of our other services including aqua therapy, biofeedback, injection therapy etc, please contact us using our online contact form or at the clinic directly. We love hearing from you!

