

13 QUESTIONS TO ASK YOUR DOCTOR ABOUT SCIATICA

1. What is sciatica?
2. What triggers sciatic nerve pain?
3. Does sciatica need surgery?
4. Is walking good for sciatica?
5. Why does sciatica get worse at night?
6. Should I use ice or heat to relieve pain?
7. Does sciatica go away on its own?
8. What can make sciatica worse?
9. Is sciatica surgery painful?
10. Does sciatica get worse before it gets better?
11. How should you sit with sciatica?
12. How long do sciatica attacks last?
13. Is massage good for sciatica?

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