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Sciatica and Low Back Pain

Research presented by:

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Steroid treatment for low back pain has recently gained national attention due to the fungal meningitis outbreak. Research recently conducted has found that besides the risk of infection, corticosteroid injections and pharmacological therapies are ineffective or have small effects for the treatment of Sciatica.

The authors suggest that conservative none invasive treatment should be the initial approach to care.

This research suggests that physical medicine intervention may provide more substantial pain relief in those suffering from sciatica and lower back pain.

- Epidural Steroids Ineffective for Sciatica by Charles Bankhead