

SPECIALIST-APPROVED TREATMENTS FOR SCIATIC BACK PAIN

If you have ever suffered from sciatica pain, you know that it is a different kind of pain than normal leg and back pain. For many people, sciatica pain can be unbearable and prevent them from participating in daily life.

When you look for a **back pain doctor Woodland Park**, it is important to look for a spine specialist who can treat all aspects of sciatica.

Here are the specialist treatments for sciatic back pain

Neurosurgeon

Neurosurgeons are [back pain specialists](#) in the nervous system. They are specially trained in treating conditions that cause damage or pain to nerves in the body, including sciatica nerve pain. Your neurosurgeon will determine if your case requires surgery on the nerve to repair the damage and relieve pain.



Physical Therapist

Physical therapists are specially trained to understand how body movements affect the entire body. They perform a thorough evaluation and then create a plan of manual exercises and movements to help relieve **Sciatica nerve pain treatment**. Your physical therapist may ask you to exercise at home between your scheduled appointments to speed up your recovery.

Pain Management Specialist

Pain management specialists are trained to diagnose and treat pain from various sources, including sciatica. Depending on the best method of diagnosis and treatment, pain management specialists are trained to:

- Prescribing medications
- Administering nerve blocks
- Performing spinal injections
- Providing appropriate rehabilitation programs

Pain management professionals in this domain assist patients with both acute and persistent pain.

Chiropractors

Even though chiropractors are not medical doctors, they are specially trained to relieve and manage back pain by manipulating the spine and back. Compression in the lower back is a common cause of sciatica. This makes chiropractors an effective non-surgical option for sciatic nerve pain. A chiropractor will often evaluate your condition through X-rays to determine a treatment plan that works best for you. In many cases, the problem is corrected after several visits. The length of treatment depends on the severity of your condition.

Orthopedists

Orthopedists specialize in conditions involving the skeletal system. This makes orthopedists a great choice for people experiencing sciatica resulting from lower back problems. Your orthopedist will thoroughly evaluate and suggest non-surgical or surgical [back pain treatment](#). Non-surgical treatment may include anti-inflammatory drugs and/or muscle relaxants, as well as rest. Surgical solutions may include removing a herniated disc, bone spur, or tumor, depending on the initial examination. Rehabilitation may be recommended after surgery.



Physiatrists

Physiatrists are medical doctors who specialize in diagnosing and treating musculoskeletal system conditions. This includes:

- Muscles
- Bones
- Nerves
- Ligaments
- Tendons

Treatment is non-surgical, involving either physiotherapy, medication, or both.

Conclusion

It is better to seek professional consultation from a back pain specialist or spine specialist/surgeon. They provide a network of physicians dedicated to your spinal health. With neurologists, chiropractors, and orthopedic **back pain doctors**, sciatica pain can be managed, no matter what form it takes or what treatment is needed. By addressing all aspects of the condition, from pain relief to rehabilitation and lifestyle changes, this approach aims to alleviate symptoms and prevent future occurrences of sciatica.