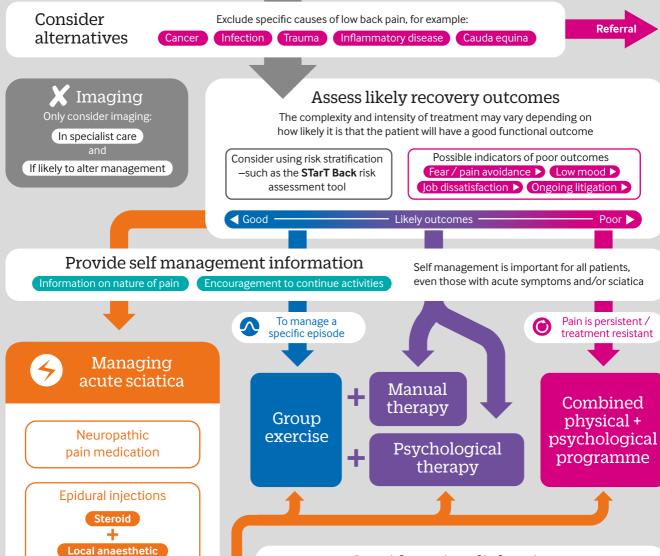
Visual summary

Managing low back pain and sciatica

A brief overview the new NICE guidelines, from the perspective of a patient presenting in primary care.





Spinal decompression

After acute symptoms of sciatica are controlled, it may be appropriate to (re)enter an excercise programme to manage underlying low back pain

Consider pain relief options

Paracetamol



effective alone NSAIDs*

Consider oral NSAIDs

Weak opioids

If NSAID ineffective / not tolerated / contraindicated



Do not offer acupuncture

* NSAIDs = non-steroidal anti-inflammatory drugs

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