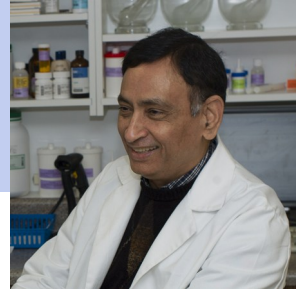


# Ask Your Compounding Pharmacist

By Prakash Suthar, RPh



## What is Sciatica?

Sciatica refers to pain originating along the sciatic nerve, which branches from the lower back through the hips, buttocks, and down each leg. Sciatica is often caused when a herniated disk or bone spur on the spine compresses part of the nerve, which can cause inflammation, pain, numbness, muscle weakness, or difficulty moving the affected leg.

## Treatment

Treatment for sciatica depends on pinpointing the underlying cause of the symptoms. Your healthcare provider may prescribe a variety of different oral medications to help alleviate the pain including anti-inflammatories, muscle relaxants, or others. Physical therapy, steroid injections, or surgery may be necessary in more serious cases.

In addition, compounding can be a great resource for patients suffering from sciatica or low back pain. Our lab can customize a prescription formula for the patient to meet their specific pain needs. The patient massages the cream or gel directly into painful areas and our patients report great results. Ask your provider or call our pharmacy to learn whether a compounded transdermal cream or gel customized for your sciatica, low back pain, or other pain may help you.

- Alcohol-free, dye-free & preservative-free medications
- Discontinued / Short supply medications
- Required strength not available
- Required dosage form not available
- Economic hardship
- Side effect intolerance
- Alcohol-free medications
- Patients not responding to conventional drug therapy
- Medication flavoring

*Do you have other difficult-to-solve medication questions that you would like our compounding pharmacist to answer? Email [pharmacist@kare-rx.com](mailto:pharmacist@kare-rx.com) and we may feature your question!*  
**Learn more about compounding by visiting [kare-rx.com](http://kare-rx.com) and by following us on Facebook!**



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