

Low back, buttock & leg / sciatica - education & notes

Clinical-source reading and an observation workbook for back, hip & thigh.

01 / Recognize the pattern

Pain or altered sensation traveling through the buttock and leg can occur with sciatic nerve irritation. Isolated back pain is not usually sciatica. Lumbosacral nerve roots and sciatic pathway; patterns vary.

02 / Understand the limits

The same leg region can hurt from a joint, tendon, muscle or nerve. Assessment matters when symptoms persist or change.

03 / Movement and rehabilitation

A physiotherapist may select movement or a nerve slider. The South Tees slider guide below demonstrates a coordinated knee/neck motion, advises no pain and uses the dose set by your physiotherapist.

04 / Review and warning signs

Do not force a long hamstring stretch into electric pain or numbness. Nerve symptoms are not proof that a muscle needs more stretching. Bilateral sciatica, severe/worsening weakness or numbness in both legs, saddle/genital numbness or new bowel/bladder dysfunction needs emergency assessment.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Describe what happens during normal activity. Record location, timing and any change in function. Bring the notes to your clinician; do not use them to identify a nerve lesion or choose a stretching dose yourself.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Date and region	Sensation and timing	Activity / position	Function / weakness	Questions / next action

Evidence and original clinical reading

<https://www.nhs.uk/conditions/sciatica/>

Source reviewed 30 September 2026. The clinical publisher has not endorsed or individually approved this site. These guides support assessment, not self-diagnosis. Use clinician-agreed ranges and doses. Keep personal notes private.