

Few things are as distracting as pain that shoots from the low back down the leg. People often describe sciatica as burning, electric or aching, and it can make sitting, driving or sleeping uncomfortable. McNamara Chiropractic Center in Lighthouse Point evaluates and treats sciatica as one of its core conditions, using non-surgical care tailored to each patient.

Below is a general explanation of sciatica, how it is commonly evaluated, and the kinds of options that may be discussed at the practice.

What "sciatica" means

The sciatic nerve is formed by nerve roots in the lower spine and travels through the buttock [chiropractor Deerfield Beach McNamara Chiropractic Center](#) and down the back of each leg. "Sciatica" describes symptoms along that path. It is a symptom pattern rather than a single diagnosis. Common contributors include disc herniation or bulging that irritates a nerve root, joint problems in the lower spine, and tight muscles in the hip or buttock region.

Because different causes may call for different plans, the first step is finding out what is most likely behind the symptoms.

How Dr. McNamara evaluates leg pain

At a first visit, Dr. Carol McNamara-Krauss, DC takes a detailed history: where the pain travels, whether there is numbness or tingling, which positions help or hurt, and how long it has been going on. She then performs an examination that looks at spinal movement, nerve function and the hips. Afterward she explains her findings in clear terms and lets the patient know whether she thinks chiropractic care is likely to help.

If the history or exam raises red flags, such as progressive weakness, loss of bladder or bowel control or numbness in the groin, urgent medical care is needed and should not be delayed.

Non-surgical options that may be recommended

Depending on the findings, a plan at [McNamara Chiropractic Center sciatica treatment](#) may include one or more of the following:

- **Chiropractic adjustments** to help restore motion in the lower back and pelvis.
- **Antalgic-Trac® spinal decompression**, which gently unloads the spine and is commonly discussed when a disc is suspected of irritating a nerve.
- **Therapeutic ultrasound** or **Class IV laser therapy** as supportive therapies for certain soft-tissue problems.
- **Massage therapy** with Dawn Marie Teufel, LMT, to address muscle tension in the low back, hips and glutes.
- **Foot Levelers custom orthotics** when foot mechanics may be adding strain.

Plans are personalized, and progress is reviewed as care continues. Some people respond quickly; others need more time, and some may be referred for additional medical evaluation. No specific outcome can be guaranteed.

Day-to-day tips many people find helpful

- **Break up long periods of sitting.** A short walk every 30 to 45 minutes can make a difference for many people.
- **Check your car seat.** A seat that is too reclined or too far from the pedals can aggravate symptoms on long drives along I-95 or US-1.
- **Keep moving gently.** Complete bed rest is rarely recommended; gentle walking within comfortable limits is often better tolerated.
- **Experiment with sleep positions.** Some people are more comfortable on their side with a pillow between the knees.

These are general ideas, not a personal prescription. Ask the team which strategies make sense for you.

Why patients choose a local option

Having a practice close to home makes it easier to keep a regular schedule of visits. McNamara Chiropractic Center sits at 3320 N Federal Hwy, Lighthouse Point, FL 33064, on US-1 between Sample Road and Copans Road. Patients come from Pompano Beach, Deerfield Beach, Hillsboro Beach, Coconut Creek and Coral Springs. Parking is free and on-site, and the entrance is on the side of the building, across from Publix.

To ask about an evaluation for sciatica, call (954) 902-6371 or visit [the McNamara Chiropractic Center website](#). No referral is needed.

This article is general information and not medical advice. Please consult a qualified provider about your own symptoms.

McNamara Chiropractic Center

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Searching for non-surgical back, neck or joint pain care in Lighthouse Point? [McNamara Chiropractic Center](#) is at 3320 N Federal Hwy, Lighthouse Point, FL 33064, on US-1 across from Publix. Call (954) 902-6371 to ask about an evaluation. This content is general information, not medical advice.