

## Sciatica: Main causes and clinical features

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### ABSTRACT

The term cialtagia or sciatica is generally used to describe pain caused by compression in any part of the length of the sciatic nerve. Because it is a very long nerve, there are several causes for this condition to present itself in the patient, making it difficult to detect which factor is triggering the condition. Thus, this study aims to describe the main causes and clinical characteristics of sciatica found in the specialized literature. Thus, an active search of articles from the *National Library of Medicine (PUBMED)* and *SciElo* was performed, using Health Sciences Descriptors (DECs) and *Medical Subject Headings (MeSH)*: "*sciatica pain*" and "*clinical manifestations*". Theses and reviews were excluded. The analysis was based on titles and abstracts, prioritizing research published in the last 5 years in Portuguese, English and Spanish, ensuring relevance and timeliness in the study. Twelve studies were selected and analyzed. According to the literature, the three main causes of sciatica are: piriformis syndrome, herniated disc in the spine, and the appearance of bone spurs in the vertebrae. These factors generate compression of the sciatic nerve, generating an inflammatory process. The main symptom resulting from inflammation is a painful condition in the lumbar region, radiating to the buttocks and back of the thigh, up to the knee, with a characteristic of the preponderance of pain on only one side of the body. Thus, it is concluded that sciatica stands out for the diversity of factors that can trigger the clinical manifestations characteristic of this condition, demanding a personalized and investigative clinical approach. The multifactoriness of this condition underscores the continuous need for research to improve diagnoses and therapeutic strategies. Thus, an in-depth understanding of the various causes is key to providing effective treatment and improving the quality of life of affected individuals, reinforcing the importance of collaboration between different medical specialties.

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