



UNIVERSITY OF
ALBERTA

Department of Physical Therapy
Faculty of Rehabilitation Medicine



Division of Physical Medicine and Rehabilitation
Cumming School of Medicine

Does your sciatica look like one of these?

1. Leg pain present longer than **3 months**?
2. Are you between the **age of 18 and 60**?
3. Your MRI shows a disc protrusion or herniation?
4. **You may qualify** for this study which includes:



- Treatment at no cost to you
- May involve an injection and/or a visit to your family doctor
- May involve 3-6 visits with an MDT* therapist (covered by research funds)
- Questionnaires about your pain and function are completed on-line from home
- All appointments can be completed in 4-6 weeks

The aim of this study is to test if the combination of two well-known treatments for sciatica, may be more effective combined, than either alone.

This study is being conducted in Calgary in collaboration with the University of Alberta.

*To learn more about the study and if you qualify
please contact,*
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*MDT = Mechanical Diagnosis and Therapy, developed in New Zealand and taught in 28 countries.