



ΠΑΝΕΠΙΣΤΗΜΙΟ ΔΥΤΙΚΗΣ ΑΤΤΙΚΗΣ

ΣΧΟΛΗ ΕΠΙΣΤΗΜΩΝ ΥΓΕΙΑΣ ΚΑΙ ΠΡΟΝΟΙΑΣ

Τμήμα Φυσικοθεραπείας

PhD Thesis Summary

Title

Investigation into the distinct clinical characteristics of people with sciatica in order to develop an algorithm for their classification in the Greek health system.

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A large percentage of people with low back pain, also complain for sciatica (Hill et al., 2011, Kongsted et al., 2013). The aetiology of sciatica varies and may be due to severe vertebral pathology, lumbar radiculopathy, referred pain as well as other non-vertebral diseases (Stynes et al., 2018). Diagnosis of aetiology often involves the use of expensive imaging methods (magnetic resonance imaging) which can be misleading (Stynes et al., 2018). Lumbar radiculopathy, which is mainly caused by sciatica, is a peripheral neuropathy, with only 2% of these patients requiring surgery (Van der Windt et al. 2011). Many techniques have been explored to treat patients suffering from sciatica, but none of them have been statistically or clinically significant (Murphy et al. 2009, Hahne et al. 2010). It is thus easily understood that research interest is increasingly focused on exploring more effective evaluation tools to categorize these patients with the aim of selecting the most appropriate technique for their treatment. Although there is worldwide research interest in possible classification algorithms for these patients, there is an urgent need to develop a clinical and research application algorithm for Greek society for clinical and research use. In the international physiotherapy community, some evaluation tools for sciatica have been proposed with sometimes poor, controversial and/or conflicting results. In Greece, on the other hand, no such study has ever been performed to extract knowledge on the evaluation and categorization of patients with sciatica. The importance of any research study is to provide scientific documentation of interventions used in daily clinical practice to enhance the quality of physiotherapy services, with the aim of always alleviating the symptoms of suffering patients.

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