



UNIVERSITY OF
ALBERTA



Does your sciatica look like one of these?

Leg pain has been present for 3 months?
You are between the age of 18 and 60?
A disc protrusion or herniation suspected?



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,

Neva Maynard at:

neva.maynard@gmail.com

587-224-4107

*MDT = Mechanical Diagnosis and Therapy, developed in New Zealand and taught in 28 countries.

Study details:

- Neva (neva.maynard@gmail.com) will answer your questions and provide you with more study details
- She has a list of questions she will ask you to ensure that you are a good candidate for the study
- If there is any doubt about your participation she will have the research lead contact you for a further discussion.
- After you have consented to the study, Neva will use a computer generated program which randomized decides which of two treatments you will receive.
 1. Selective nerve root blocks are a common treatment used to provide an strong anti-inflammatory medication around the nerve root to relieve leg pain (No cost to patient)
 - OR
 2. MDT which is a form of therapy developed in New Zealand and taught around the world, but few Canadian therapists are certified in this method. Involves specific gentle movements or positions (No cost to patient).
- Either of these treatments can be completed in about a month
- After these treatments you can return to your regular therapist or other treatments if you wish, but these are not funded.
- Your family doctor will be informed and invited to assist as needed
- Questionnaires about your pain will be answered on-line and stored in a data base at U of A (you will be identified by a number to protect your identity)
- We want to learn how long your recovery takes, how complete your recovery is, and if you need to use other treatments over the next year. Therefore, more questionnaires will come to you via email at 6 weeks, 6 months, and 12 months.
- You are free to withdraw from the study at any time.
- The study does not affect your position on any wait lists.

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