Sciatica tracker: sitting, walking and leg symptoms

Fill in one line a day, at about the same time each evening. Use the same walk each time if you can (for example, to the end of your street), so that changes are easy to see. Bring the sheets to every appointment. Pain score: 0 = no pain, 10 = the worst you can imagine.

Date	Longest you could sit before leg symptoms began (minutes)	How far or how long you walked before leg symptoms began	How far down the leg symptoms reached (buttock, thigh, knee, calf, foot)	Worst leg pain (0 to 10)	Worst back pain (0 to 10)	Numbness or tingling (where)	Any weakness, tripping or foot slapping?	Sleep (hours; woken by pain?)	Medicines taken	Notes (work, lifting, exercise)

What to watch: longer sitting and walking times, and leg symptoms that reach less far down the leg, are useful signs to compare from week to week.
Get urgent care for new trouble passing urine, loss of bladder or bowel control, numbness in the groin or inner thighs, or leg weakness that is new or getting worse. Call 911 or go to the nearest emergency department.
This tracker is a record for you and your clinicians. It does not replace medical advice. Do not stop or change prescribed medicines without your prescriber.