

Sciatica Quiz (100 Multiple-Choice Questions with Answers)

1. What is sciatica?

- A. A bone disease
- B. Pain caused by irritation of the sciatic nerve
- C. A skin condition
- D. A blood disorder

Answer: B

Explanation: Sciatica refers to pain that travels along the sciatic nerve, usually from the lower back down the leg.

2. Which nerve is the largest in the body?

- A. Vagus nerve
- B. Median nerve
- C. Sciatic nerve
- D. Femoral nerve

Answer: C

Explanation: The sciatic nerve is the largest and longest nerve in the human body.

3. Sciatica most commonly affects which body area?

- A. Arms
- B. Face
- C. Lower back and leg
- D. Chest

Answer: C

Explanation: Sciatica typically starts in the lower back and radiates down one leg.

4. What is the most common cause of sciatica?

- A. Migraine
- B. Herniated disc
- C. Asthma
- D. Broken arm

Answer: B

Explanation: A herniated lumbar disc pressing on the sciatic nerve is the leading cause.

5. Which symptom is common with sciatica?

- A. Blurred vision
- B. Burning leg pain
- C. Ear ringing
- D. Rash

Answer: B

Explanation: Burning or shooting pain down the leg is characteristic of sciatica.

6. Sciatica usually affects:

- A. Both legs equally
- B. One leg
- C. Both arms
- D. The neck only

Answer: B

Explanation: Sciatica commonly affects only one side of the body.

7. Which activity may worsen sciatica?

- A. Standing briefly
- B. Sitting for long periods
- C. Drinking water

D. Reading

Answer: B

Explanation: Prolonged sitting can increase pressure on the sciatic nerve.

8. Which imaging test is commonly used for severe sciatica?

- A. Ultrasound
- B. MRI
- C. Mammogram
- D. PET scan

Answer: B

Explanation: MRI scans help identify nerve compression and disc problems.

9. Which age group commonly experiences sciatica?

- A. Infants
- B. Teenagers only
- C. Adults aged 30–50
- D. Toddlers

Answer: C

Explanation: Sciatica is most common in middle-aged adults.

10. Which condition may mimic sciatica?

- A. Piriformis syndrome
- B. Cataracts
- C. Pneumonia
- D. Eczema

Answer: A

Explanation: Piriformis syndrome can compress the sciatic nerve and produce similar symptoms.

11. Which spinal region is linked to sciatica?

- A. Cervical spine
- B. Thoracic spine
- C. Lumbar spine
- D. Sacral spine only

Answer: C

Explanation: Sciatica usually originates from nerve compression in the lumbar spine.

12. What type of pain is often described in sciatica?

- A. Sharp shooting pain
- B. Itchy pain
- C. Dull eye pain
- D. Tooth pain

Answer: A

Explanation: Sciatica pain is often sharp, electric, or shooting.

13. Which lifestyle factor increases sciatica risk?

- A. Smoking
- B. Reading books
- C. Wearing hats
- D. Drinking juice

Answer: A

Explanation: Smoking can damage spinal discs and increase sciatica risk.

14. Which muscle is associated with piriformis syndrome?

- A. Biceps
- B. Piriformis
- C. Deltoid
- D. Trapezius

Answer: B

Explanation: The piriformis muscle can irritate the sciatic nerve.

15. What symptom suggests severe nerve compression?

- A. Sneezing
- B. Loss of bladder control
- C. Hiccups
- D. Dry skin

Answer: B

Explanation: Loss of bladder or bowel control may indicate cauda equina syndrome, a medical emergency.

16. Which exercise may help mild sciatica?

- A. Stretching
- B. Heavy deadlifts immediately
- C. Sprinting
- D. Jumping repeatedly

Answer: A

Explanation: Gentle stretching can relieve pressure on the sciatic nerve.

17. Which profession may have higher sciatica risk?

- A. Desk workers
- B. Lifeguards only
- C. Bakers only

D. Librarians only

Answer: A

Explanation: Prolonged sitting increases risk among desk workers.

18. Sciatica pain often travels:

- A. From head to shoulders
- B. From back to leg
- C. From wrist to fingers
- D. From chest to abdomen

Answer: B

Explanation: The sciatic nerve pathway extends from the lower back into the leg.

19. Which over-the-counter medication may help?

- A. NSAIDs
- B. Antibiotics
- C. Antifungals
- D. Antivirals

Answer: A

Explanation: NSAIDs reduce inflammation and pain.

20. Which symptom may accompany sciatica?

- A. Leg numbness
- B. Tooth decay
- C. Nosebleeds
- D. Hair loss

Answer: A

Explanation: Numbness and tingling are common nerve-related symptoms.

21. What does MRI stand for?

- A. Magnetic Resonance Imaging
- B. Medical Radiology Inspection
- C. Muscle Recovery Imaging
- D. Magnetic Reflex Indicator

Answer: A

Explanation: MRI uses magnetic fields to create detailed body images.

22. Which movement may trigger sciatica pain?

- A. Bending forward
- B. Smiling
- C. Blinking
- D. Chewing

Answer: A

Explanation: Forward bending may worsen disc pressure.

23. Which structure can compress the sciatic nerve?

- A. Herniated disc
- B. Toenail
- C. Eyelid
- D. Liver

Answer: A

Explanation: Disc material can press on spinal nerves.

24. Sciatica is a:

- A. Disease
- B. Symptom
- C. Vitamin
- D. Fracture

Answer: B

Explanation: Sciatica describes symptoms caused by nerve irritation.

25. Which symptom is less typical of sciatica?

- A. Tingling
- B. Leg weakness
- C. Fever alone
- D. Burning pain

Answer: C

Explanation: Fever alone suggests another condition, not typical sciatica.

26. Which test checks nerve function?

- A. EMG
- B. ECG
- C. Colonoscopy
- D. Hearing test

Answer: A

Explanation: Electromyography evaluates nerve and muscle activity.

27. Which sleeping position may reduce sciatica pain?

- A. On back with knees elevated
- B. Standing upright
- C. Face-down on floor
- D. Sitting in chair overnight

Answer: A

Explanation: Knee support can reduce spinal pressure.

28. Which condition narrows spinal spaces?

- A. Spinal stenosis
- B. Tonsillitis
- C. Glaucoma
- D. Bronchitis

Answer: A

Explanation: Spinal stenosis can compress nerves and cause sciatica.

29. Which activity may prevent sciatica?

- A. Regular exercise
- B. Constant bed rest
- C. Smoking
- D. Poor posture

Answer: A

Explanation: Exercise strengthens supporting muscles.

30. Which body side is usually affected?

- A. One side
- B. Both sides equally always
- C. Neither side
- D. Only arms

Answer: A

Explanation: Sciatica commonly affects one side.

31. Which symptom may indicate worsening sciatica?

- A. Increased weakness
- B. Better flexibility
- C. Improved posture
- D. Increased appetite

Answer: A

Explanation: Progressive weakness suggests worsening nerve involvement.

32. What type of doctor may treat sciatica?

- A. Neurologist
- B. Orthopedic specialist
- C. Physical therapist
- D. All of the above

Answer: D

Explanation: Multiple healthcare professionals may participate in treatment.

33. Which home remedy may help?

- A. Ice packs
- B. Excessive jumping
- C. Tight belts
- D. Dehydration

Answer: A

Explanation: Ice may reduce inflammation and pain.

34. Which factor contributes to disc degeneration?

- A. Aging
- B. Reading

- C. Singing
- D. Painting

Answer: A

Explanation: Aging naturally weakens spinal discs.

35. Which symptom involves altered sensation?

- A. Tingling
- B. Sneezing
- C. Hiccups
- D. Burping

Answer: A

Explanation: Tingling indicates nerve irritation.

36. Which condition may require emergency care?

- A. Cauda equina syndrome
- B. Athlete's foot
- C. Common cold
- D. Seasonal allergies

Answer: A

Explanation: Cauda equina syndrome can cause permanent nerve damage.

37. Which exercise type is often recommended?

- A. Low-impact exercise
- B. Heavy lifting immediately
- C. Contact sports only
- D. None at all

Answer: A

Explanation: Low-impact activities reduce stress on the spine.

38. Which body structure cushions vertebrae?

- A. Discs
- B. Tendons
- C. Teeth
- D. Ribs

Answer: A

Explanation: Intervertebral discs absorb shock.

39. Which symptom is neurological?

- A. Numbness
- B. Sunburn
- C. Bruising
- D. Itching scalp

Answer: A

Explanation: Numbness reflects nerve dysfunction.

40. Which imaging method uses radiation?

- A. X-ray
- B. MRI
- C. Ultrasound only
- D. EMG

Answer: A

Explanation: X-rays use ionizing radiation.

41. Which habit improves spine health?

- A. Good posture
- B. Slouching

- C. Smoking
- D. Inactivity

Answer: A

Explanation: Proper posture reduces spinal strain.

42. What is lumbar radiculopathy?

- A. Nerve root irritation in lower spine
- B. Skin infection
- C. Lung disease
- D. Eye disorder

Answer: A

Explanation: Sciatica is a form of lumbar radiculopathy.

43. Which symptom may occur while coughing?

- A. Increased pain
- B. Improved mobility
- C. Better balance
- D. Reduced pressure

Answer: A

Explanation: Coughing increases spinal pressure.

44. Which body part may feel weak?

- A. Leg
- B. Ear
- C. Nose
- D. Finger only

Answer: A

Explanation: Sciatica commonly weakens leg muscles.

45. Which therapy focuses on movement rehabilitation?

- A. Physical therapy
- B. Chemotherapy
- C. Dialysis
- D. Radiation therapy

Answer: A

Explanation: Physical therapy restores flexibility and strength.

46. Which condition is a risk factor?

- A. Obesity
- B. Good fitness
- C. Healthy posture
- D. Stretching

Answer: A

Explanation: Extra body weight stresses the spine.

47. Which medication type reduces inflammation?

- A. NSAIDs
- B. Antacids
- C. Vitamins only
- D. Antibiotics

Answer: A

Explanation: NSAIDs target inflammation and pain.

48. Which symptom may affect walking?

- A. Leg weakness
- B. Hair growth
- C. Sneezing

D. Blurred hearing

Answer: A

Explanation: Weakness can impair mobility.

49. Which structure forms the spine?

- A. Vertebrae
- B. Muscles only
- C. Arteries only
- D. Kidneys

Answer: A

Explanation: Vertebrae are the bones of the spine.

50. Which symptom often radiates below the knee?

- A. Sciatica pain
- B. Toothache
- C. Sinus pressure
- D. Ear pain

Answer: A

Explanation: Sciatic pain frequently extends into the calf or foot.

51. Which exercise may worsen acute sciatica?

- A. Heavy lifting
- B. Walking
- C. Gentle stretching
- D. Swimming

Answer: A

Explanation: Heavy lifting increases spinal strain.

52. Which treatment may involve steroid injections?

- A. Epidural therapy
- B. Chemotherapy
- C. Eye surgery
- D. Dialysis

Answer: A

Explanation: Epidural steroid injections reduce inflammation around nerves.

53. Which symptom can feel electric?

- A. Nerve pain
- B. Muscle growth
- C. Hunger
- D. Sneezing

Answer: A

Explanation: Nerve irritation often produces electric-like sensations.

54. Which position may worsen symptoms?

- A. Prolonged sitting
- B. Gentle walking
- C. Stretching
- D. Standing briefly

Answer: A

Explanation: Sitting increases pressure on lumbar discs.

55. Which diagnostic tool shows soft tissue best?

- A. MRI
- B. X-ray
- C. Thermometer

D. Stethoscope

Answer: A

Explanation: MRI provides detailed soft tissue images.

56. Which condition can compress spinal nerves?

- A. Bone spurs
- B. Headache
- C. Asthma
- D. Pink eye

Answer: A

Explanation: Bone spurs may narrow nerve pathways.

57. Which symptom may extend into the foot?

- A. Tingling
- B. Sneezing
- C. Rash
- D. Fever

Answer: A

Explanation: Sciatic nerve symptoms may travel to the foot.

58. Which activity strengthens the core?

- A. Pilates
- B. Smoking
- C. Sleeping all day
- D. Overeating

Answer: A

Explanation: Core strengthening supports spinal stability.

59. Which emergency symptom requires urgent attention?

- A. Saddle numbness
- B. Mild stiffness
- C. Temporary soreness
- D. Hiccups

Answer: A

Explanation: Saddle numbness may signal cauda equina syndrome.

60. Which body structure protects the spinal cord?

- A. Vertebrae
- B. Skin
- C. Hair
- D. Fingernails

Answer: A

Explanation: Vertebrae surround and protect the spinal cord.

61. Which condition may coexist with sciatica?

- A. Lower back pain
- B. Cataracts
- C. Ear infection
- D. Stomach ulcer

Answer: A

Explanation: Lower back pain commonly accompanies sciatica.

62. Which exercise is low impact?

- A. Swimming
- B. Boxing
- C. Wrestling
- D. Sprinting

Answer: A

Explanation: Swimming minimizes spinal stress.

63. Which posture may increase spinal strain?

- A. Slouching
- B. Neutral posture
- C. Upright sitting
- D. Standing tall

Answer: A

Explanation: Slouching increases lumbar pressure.

64. Which healthcare provider specializes in nerves?

- A. Neurologist
- B. Dermatologist
- C. Ophthalmologist
- D. Dentist

Answer: A

Explanation: Neurologists diagnose nerve disorders.

65. Which condition may heal naturally over time?

- A. Mild disc herniation
- B. Broken femur
- C. Appendicitis
- D. Cataracts

Answer: A

Explanation: Some disc herniations improve with conservative care.

66. Which symptom may worsen at night?

- A. Leg pain
- B. Improved balance
- C. Better flexibility
- D. Increased appetite

Answer: A

Explanation: Certain positions may intensify nighttime pain.

67. Which type of pain relief uses temperature?

- A. Heat therapy
- B. Radiation therapy
- C. Antibiotics
- D. Chemotherapy

Answer: A

Explanation: Heat relaxes muscles and may ease discomfort.

68. Which muscle group supports the spine?

- A. Core muscles
- B. Facial muscles
- C. Jaw muscles
- D. Finger muscles

Answer: A

Explanation: Strong core muscles stabilize the back.

69. Which symptom may accompany severe nerve compression?

- A. Foot drop
- B. Improved strength
- C. Sneezing
- D. Tooth pain

Answer: A

Explanation: Foot drop occurs when nerve signals weaken ankle movement.

70. Which factor may worsen chronic sciatica?

- A. Inactivity
- B. Stretching
- C. Good ergonomics
- D. Walking

Answer: A

Explanation: Lack of movement weakens supporting muscles.

71. Which spinal discs are most commonly involved?

- A. L4-L5 and L5-S1
- B. Cervical discs only
- C. Thoracic discs only
- D. Skull bones

Answer: A

Explanation: These lumbar levels bear heavy loads.

72. Which symptom involves pins and needles?

- A. Tingling
- B. Fever
- C. Rash
- D. Bruising

Answer: A

Explanation: Tingling is a common nerve symptom.

73. Which surgery may treat severe sciatica?

- A. Microdiscectomy
- B. Tonsillectomy
- C. Cataract surgery
- D. Appendectomy

Answer: A

Explanation: Microdiscectomy removes disc material pressing on nerves.

74. Which condition involves narrowing around nerves?

- A. Foraminal stenosis
- B. Influenza
- C. Bronchitis
- D. Sinusitis

Answer: A

Explanation: Foraminal stenosis reduces nerve exit space.

75. Which habit may protect spinal discs?

- A. Proper lifting technique
- B. Twisting while lifting
- C. Slouching
- D. Smoking

Answer: A

Explanation: Correct lifting reduces disc stress.

76. Which symptom may occur after lifting heavy objects?

- A. Sudden back and leg pain
- B. Improved posture
- C. Better balance
- D. Better hearing

Answer: A

Explanation: Heavy lifting can trigger disc injury.

77. Which imaging test is fastest in emergencies?

- A. CT scan
- B. MRI only
- C. Ultrasound
- D. Bone density scan

Answer: A

Explanation: CT scans are often faster and widely available.

78. Which type of specialist performs spine surgery?

- A. Neurosurgeon
- B. Pediatrician
- C. Optometrist
- D. Allergist

Answer: A

Explanation: Neurosurgeons often treat severe spinal nerve compression.

79. Which condition involves inflammation of nerve roots?

- A. Radiculitis
- B. Arthritis only
- C. Tendinitis only
- D. Dermatitis

Answer: A

Explanation: Radiculitis refers to inflamed spinal nerve roots.

80. Which movement should be done carefully during recovery?

- A. Twisting motions
- B. Controlled walking
- C. Gentle stretching
- D. Light swimming

Answer: A

Explanation: Twisting may aggravate nerve irritation.

81. Which therapy may improve posture and flexibility?

- A. Yoga
- B. Smoking
- C. Bed rest only
- D. Overeating

Answer: A

Explanation: Yoga may help spinal alignment and mobility.

82. Which symptom suggests nerve irritation?

- A. Burning sensation
- B. Sneezing
- C. Itchy scalp
- D. Nosebleed

Answer: A

Explanation: Burning pain commonly accompanies nerve compression.

83. Which body area may become numb?

- A. Foot
- B. Elbow only
- C. Forehead

D. Shoulder only

Answer: A

Explanation: Sciatica symptoms often extend into the foot.

84. Which activity may help recovery?

- A. Walking
- B. Complete immobility
- C. Heavy squats immediately
- D. Repeated jumping

Answer: A

Explanation: Walking promotes circulation and mobility.

85. Which condition can result from prolonged nerve compression?

- A. Muscle atrophy
- B. Hair growth
- C. Improved strength
- D. Better balance

Answer: A

Explanation: Chronic nerve compression can weaken muscles.

86. Which body structure exits the spine through foramina?

- A. Nerve roots
- B. Teeth
- C. Arteries only
- D. Tendons only

Answer: A

Explanation: Nerve roots pass through openings called foramina.

87. Which symptom may affect balance?

- A. Leg weakness
- B. Sneezing
- C. Rash
- D. Dry lips

Answer: A

Explanation: Weakness may impair stable walking.

88. Which ergonomic adjustment may help?

- A. Lumbar support chair
- B. Very soft couch
- C. Slouched posture
- D. Twisted sitting

Answer: A

Explanation: Lumbar support maintains healthy posture.

89. Which condition is associated with aging spines?

- A. Degenerative disc disease
- B. Chickenpox
- C. Measles
- D. Asthma

Answer: A

Explanation: Disc degeneration increases with age.

90. Which exercise may improve spinal support?

- A. Core strengthening
- B. Heavy lifting
- C. High-impact jumping
- D. None

Answer: A

Explanation: Strong core muscles reduce spinal strain.

91. Which symptom is often intermittent?

- A. Sciatic pain
- B. Hair color change
- C. Tooth eruption
- D. Nail growth

Answer: A

Explanation: Symptoms may come and go depending on activity.

92. Which treatment is considered conservative?

- A. Physical therapy
- B. Major surgery immediately
- C. Chemotherapy
- D. Radiation

Answer: A

Explanation: Physical therapy is a common non-surgical treatment.

93. Which factor increases lumbar disc pressure?

- A. Poor lifting posture
- B. Good ergonomics
- C. Stretching
- D. Swimming

Answer: A

Explanation: Improper lifting strains spinal discs.

94. Which symptom may worsen while sneezing?

- A. Radiating pain
- B. Improved balance
- C. Better posture
- D. Hunger

Answer: A

Explanation: Sneezing increases spinal pressure temporarily.

95. Which healthcare professional guides rehabilitation exercises?

- A. Physical therapist
- B. Dentist
- C. Pharmacist only
- D. Veterinarian

Answer: A

Explanation: Physical therapists develop recovery exercise plans.

96. Which symptom can indicate chronic nerve damage?

- A. Persistent weakness
- B. Better coordination
- C. Increased energy
- D. Improved reflexes

Answer: A

Explanation: Ongoing weakness may reflect lasting nerve injury.

97. Which daily habit may reduce recurrence?

- A. Regular stretching
- B. Smoking
- C. Slouching
- D. Inactivity

Answer: A

Explanation: Stretching helps maintain flexibility and spinal health.

98. Which condition may produce buttock pain with sciatica?

- A. Piriformis syndrome
- B. Pink eye
- C. Sinusitis
- D. Ear infection

Answer: A

Explanation: The piriformis muscle lies near the sciatic nerve.

99. Which body movement often relieves stiffness?

- A. Gentle walking
- B. Bed rest for weeks
- C. Heavy twisting
- D. Jumping repeatedly

Answer: A

Explanation: Gentle movement prevents stiffness and improves circulation.

100. What is the main goal of sciatica treatment?

- A. Relieve nerve pressure and pain
- B. Change eye color
- C. Improve hearing only
- D. Increase appetite

Answer: A

Explanation: Treatment focuses on reducing nerve irritation, restoring mobility, and preventing recurrence.