

# TrackDX — Physician Summary

Condition: Sciatica · Daily severity tracking · Generated Oct 10, 2026  
Oct 10, 2022 – Oct 9, 2026

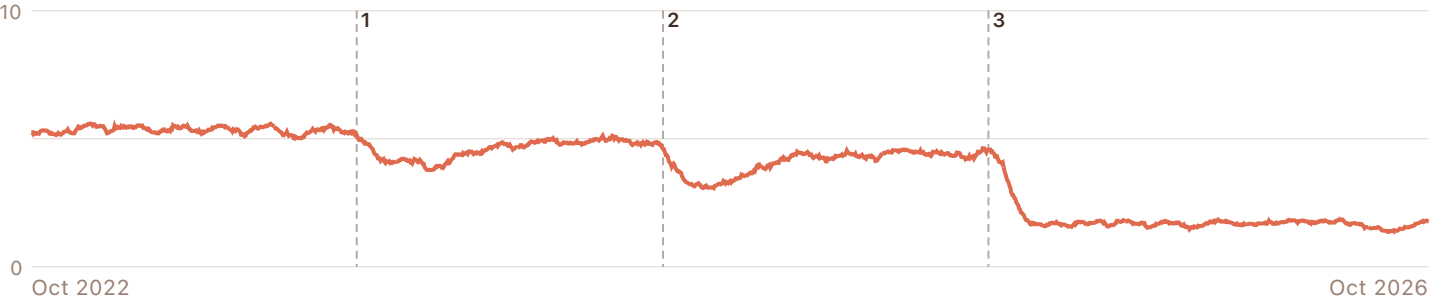
Logged 1304 of 1461 days (89%). Blank days are days the patient did not record, not symptom-free days.

## CURRENT TREATMENT

Medications  
None current.

Procedures — last 9 months  
None in the last 9 months.

## SEVERITY TREND (30-DAY AVERAGE, 0–10)



- 1. L4-L5 epidural steroid injection — Sep 15, 2023
- 2. Repeat epidural steroid injection — Jul 31, 2024
- 3. Microdiscectomy — Jul 6, 2025

## DISTRIBUTION OF LOGGED DAYS

0 symptom-free (0%) · 519 mild (under 3.5) (40%) · 769 moderate (3.5–6.5) (59%) · 16 severe (7+) (1%)

Note: each patient varies in their perception of symptoms. Mild, moderate and severe vary per person. Recommend focusing on changes from baseline.

## PROCEDURE RESPONSE — OBSERVED CHANGE

negative values = decrease in severity  
positive values = increase in severity

### Microdiscectomy — Jul 6, 2025

|                    | Pre | Post | % Change |
|--------------------|-----|------|----------|
| Avg severity       | 4.1 | 1.8  | -55%     |
| Foot               | 3.5 | 0.2  | -93%     |
| Calf               | 4.7 | 0.4  | -91%     |
| Thigh              | 5.2 | 0.6  | -89%     |
| Buttock/piriformis | 3.2 | 3.5  | +10%     |
| Lower back         | 3.7 | 4.4  | +17%     |
| # of days          | 340 | 460  |          |

Its target, Calf, improved.

Severity ≥20% below the pre-procedure average on 398 of 418 logged days; longest unbroken stretch 391 days.

### Repeat epidural steroid injection — Jul 31, 2024

|                    | Pre | Post | % Change |
|--------------------|-----|------|----------|
| Avg severity       | 4.6 | 4.1  | -12%     |
| Buttock/piriformis | 4.4 | 3.2  | -27%     |
| Lower back         | 4.9 | 3.7  | -25%     |
| Foot               | 3.7 | 3.5  | -4%      |
| Thigh              | 5.3 | 5.2  | -2%      |
| Calf               | 4.8 | 4.7  | -1%      |
| # of days          | 320 | 340  |          |

Its target, Lower back, improved.

Severity ≥20% below the pre-procedure average on 82 of 302 logged days; longest unbroken stretch 18 days.

## L4-L5 epidural steroid injection — Sep 15, 2023

|                     | Pre        | Post       | % Change    |
|---------------------|------------|------------|-------------|
| <b>Avg severity</b> | <b>5.3</b> | <b>4.6</b> | <b>-14%</b> |
| Buttock/piriformis  | 6.0        | 4.3        | -28%        |
| Lower back          | 6.7        | 4.9        | -27%        |
| Calf                | 4.9        | 4.8        | -3%         |
| Thigh               | 5.4        | 5.3        | -2%         |
| Foot                | 3.6        | 3.7        | +2%         |
| # of days           | 340        | 320        |             |

Its target, Lower back, improved.

Severity  $\geq 20\%$  below the pre-procedure average on 74 of 295 logged days; longest unbroken stretch 13 days.

## SEVERITY BY SYMPTOM ACROSS THE TREATMENT COURSE

|                    | Before 1 (340d) | After 1 (320d) | After 2 (340d) | After 3 (460d) |
|--------------------|-----------------|----------------|----------------|----------------|
| Lower back         | 6.7             | 4.9            | 3.7            | 4.4            |
| Buttock/piriformis | 6.0             | 4.3            | 3.2            | 3.5            |
| Thigh              | 5.4             | 5.3            | 5.2            | 0.6            |
| Calf               | 4.9             | 4.8            | 4.7            | 0.4            |
| Foot               | 3.6             | 3.7            | 3.5            | 0.2            |
| <b>Average</b>     | <b>5.3</b>      | <b>4.6</b>     | <b>4.1</b>     | <b>1.8</b>     |

1. L4-L5 epidural steroid injection — Sep 15 · 2. Repeat epidural steroid injection — Jul 31 · 3. Microdiscectomy — Jul 6

Each column is the interval following that procedure. Green indicates a 20% or greater reduction, and red a 20% or greater increase, relative to the preceding interval.

## BY SYMPTOM — MOST SEVERE FIRST

| Symptom            | Average severity |
|--------------------|------------------|
| Lower back         | 4.9              |
| Buttock/piriformis | 4.2              |
| Thigh              | 3.8              |
| Calf               | 3.4              |
| Foot               | 2.5              |

## TRIGGER EFFECT BY SYMPTOM — SEVERITY POINTS ADDED

How much the following triggers increase severity of symptoms

| Trigger / symptom    | Severity points |
|----------------------|-----------------|
| <b>Heavy lifting</b> | <b>+1.3 avg</b> |
| Buttock/piriformis   | +1.6            |
| Lower back           | +1.6            |
| Foot                 | +1.2            |
| Thigh                | +1.2            |
| Calf                 | +1.1            |
| <b>Sitting</b>       | <b>+0.7 avg</b> |
| Lower back           | +1.0            |
| Buttock/piriformis   | +0.9            |
| Calf                 | +0.6            |
| Foot                 | +0.6            |
| Thigh                | +0.5            |

|                           |                 |
|---------------------------|-----------------|
| <b>Repetitive bending</b> | <b>-0.0 avg</b> |
| Calf                      | +0.0            |
| Buttock/piriformis        | +0.0            |
| Thigh                     | -0.0            |
| Lower back                | -0.1            |
| Foot                      | -0.1            |
| <b>Exercise</b>           | <b>-0.0 avg</b> |
| Foot                      | +0.1            |
| Thigh                     | +0.0            |
| Calf                      | +0.0            |
| Lower back                | -0.1            |
| Buttock/piriformis        | -0.2            |
| <b>Driving</b>            | <b>-0.2 avg</b> |
| Lower back                | -0.0            |
| Buttock/piriformis        | -0.1            |
| Foot                      | -0.2            |
| Thigh                     | -0.2            |
| Calf                      | -0.3            |



**TrackDX**

[www.trackdx.net](http://www.trackdx.net)

TrackDX is available on the Apple App Store and the Google Play Store.

*TrackDX is a personal tracking tool, not a medical device. The insights are statistics based on what you log — they are not medical advice, a diagnosis, or a treatment recommendation. Always consult a qualified healthcare professional about your condition and before starting, stopping, or changing any medication. If you are experiencing a medical emergency, call your local emergency number.*