



Sciatica and Radiculopathy Claims Guide: Summary and Worksheets

Your own working pages. These are your notes in your own words. They are not a VA form, they are not sent to the VA, and nothing here is a medical finding or a prediction about your claim.

Start with the essentials

- 1 Map each side and nerve finding**
Record right and left symptoms separately, including where pain, numbness, weakness, or other changes travel and what the examination identifies.
- 2 Separate sensory symptoms from motor loss**
Use strength, reflex, sensation, muscle, gait, and test findings from the record. Do not choose your own paralysis or severity label.
- 3 Connect the nerve condition to its cause**
Organize the spine, injury, onset, treatment, and secondary-condition history that applies, then identify missing records and examination questions.

How to use this packet

Complete only what helps you prepare. Use approximate dates when exact dates are unavailable. Mark records as missing or unverified instead of guessing.

The full guide, research, charts, rating discussion, sources, and current information remain online at:

<https://ratemyvso.net/dc/sciatica-radiculopathy-guide>



WORKSHEET 1 OF 5

Right and left symptom map

Optional working notes for Sciatica and Radiculopathy. Write only what you know. Leave anything blank that does not apply.

Right side: where symptoms begin and travel, and what they feel like

Left side: where symptoms begin and travel, and what they feel like

Frequency, flares, duration, recovery, and changes over time

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WORKSHEET 2 OF 5

Neurological findings and testing

Optional working notes for Sciatica and Radiculopathy. Write only what you know. Leave anything blank that does not apply.

Sensation, numbness, tingling, and pain findings

Strength, reflex, foot drop, gait, muscle change, or other motor findings

Imaging, EMG, nerve-conduction, examination, and identified nerve or root, if known

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WORKSHEET 3 OF 5

Function and connection questions

Optional working notes for Sciatica and Radiculopathy. Write only what you know. Leave anything blank that does not apply.

Effects on sitting, standing, walking, lifting, sleep, work, and ordinary activities

Spine condition, injury, service onset, or secondary-condition history that may apply

Questions about each side, the affected nerve, cause, worsening, or separate ratings

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WORKSHEET 4 OF 5

Records and unanswered questions

Optional working notes for Sciatica and Radiculopathy. Write only what you know. Leave anything blank that does not apply.

Record, date, source, and page if known

Do I have my own copy?

- | | |
|---|---|
| ☐ Not sure | ☐ I have a copy |
| ☐ Requested, still waiting | ☐ I do not have a copy |

Do I know whether the VA has it?

- | | |
|---|---|
| ☐ Unknown / not verified | ☐ Submission receipt available |
| ☐ Listed in my decision letter | ☐ Not submitted by me |

Missing records, request dates, and questions to follow up

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WORKSHEET 5 OF 5

Decision-letter reading sheet

Optional working notes for Sciatica and Radiculopathy. Write only what you know. Leave anything blank that does not apply.

Letter date, condition, and what the VA decided

Reasons and evidence listed, with page numbers

Dates and instructions in the letter; questions for a representative

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