

# Lumbar Disc Herniation

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### Lumbar Disc Herniation

#### **Herniated Disc - Lumbar - Suburban Orthopaedics**

A lumbar disc herniation, or lumbar radiculopathy, occurs when a small portion of a disc ruptures and causes pressure on spinal nerves. Small herniations are sometimes called bulges or protrusions, and people experiencing pain from the herniation often describe it as a pinched nerve. Symptoms: In general, pressure on a spinal nerve from a lumbar

#### **Lumbar Disc Herniation/Bulge Protocol - Orthopedist**

Lumbar Disc Herniation/Bulge Protocol Anatomy and Biomechanics The lumbar spine is made up of 5 load transferring bones called vertebrae. They are stacked in a column with an intervertebral disc sandwiched between each set of vertebrae. The lumbar spine comprises the 5 vertebrae that are below the thoracic vertebrae and

#### **Herniated Lumbar Disc**

Lumbar disc herniation is one of the most common causes of lower back pain associated with leg pain, and occurs 15 times more often than cervical (neck) disc herniation. Disc herniation occurs 8% of the time in the cervical (neck) region and only 1 to 2% of the time in the upper-to-mid-back (thoracic) region. How is a diagnosis made?

#### **Extraforaminal Lumbar Disc Herniation-How to Approach**

Figure 2: Lumbar disc Herniation at Foraminal space. Figure 3: Lumbar herniation at extraforaminal space. They are also a special case because they affect the outgoing root instead of the descending root. For example, in the typical case of level L4-L5, the root affected by a herniated canal is L5, in its descending course towards the next

#### **Lumbar Spine Disorders: Disc Herniation, Stenosis ...**

Lumbar Disc Herniation A herniation is when the inside of a structure is pushed to the outside of a structure through a hole that should not be there When the soft central part of a disc is pushed out through a hole in the tough outer part of the disc, it is called a disc herniation ...

### **Lumbar disc herniations in athletes**

- Lumbar disc herniations are common and affect athletes at all levels
- Non-operative care can be successful
- Surgery is minimally invasive with high success of pain relief
- Return to sport is very high, 89% References
- 1 Am J Sports Med 2013 Nov;41(11):2604-8 doi: 10.1177/0363546513499229

### **Herniation with Radiculopathy - Rochester, NY**

the diagnosis and treatment of lumbar disc herniation with radiculopathy The guideline is intended to reflect contemporary treatment concepts for symptomatic lumbar disc herniation with radiculopathy as reflected in the highest quality clinical literature available on this subject as of July 2011 The goals of the

### **Herniated Disk - American Academy of Orthopaedic Surgeons**

Lumbar microdiscectomy This is the most common procedure for a herniated disk in the lower back Microdiscectomy involves removing the herniated part of the disk that is putting pressure on the spinal nerve Cervical discectomy with fusion or with disk replacement Cervical discectomy is a procedure for a herniated disk in the neck To

### **Conservative Treatment of Lumbar Disc Herniation: A Case ...**

Disc herniation has its highest prevalence between ages 30-50 with a male to female ratio of 2: 11 Ninety-five percent of disc herniations occur at the lumbar spine in people ages 25-55 and are most commonly found at levels L4/5 and L5/S1 It is more common with patients over age 55 to have a disc herniation above this level

### **Contrast vs. No Contrast Reference Sheet Head/Neck**

Disc Herniation Radiculopathy Stenosis Trauma MRI Lumbar Spine without Contrast 72148 Spine: Lumbar Discitis Mass/Lesion Osteomyelitis Post Lumbar Surgery (<10 yrs) MRI Lumbar Spine without and with Contrast 72158 6/14 Fax: 7175098642 Scheduling: 7172911016 or 888MRI1377

### **Acupuncture Helps Lumbar Disc Herniation Patients**

3 Wang YL (2013) Observation on the therapeutic effect of lumbar disc herniation treated with different acupuncture therapies Chinese Acupuncture 2013 Jul; 33(7):605-8 4 Schoenfeld, Andrew J, and Bradley K Weiner "Treatment of lumbar disc herniation: evidence-based practice" International journal of general medicine 3 (2010): 209 5

### **The epidemiology and pathophysiology of lumbar disc ...**

lumbar disc herniation, and it is thought to be due to the increased axial load on lumbar spine<sup>11</sup> In a Finnish study, Bostman reported 27% of the patients undergoing surgery for a lumbar disc herniation were obese, whereas the population prevalence of obesity in Finland at that time was only 16%

### **Athletic Medicine Lumbar/Core Strength and Stability Exercises**

Lumbar/Core Strength and Stability Exercises Athletic Medicine Introduction Low back pain can be the result of many different things Pain can be triggered by some combination of overuse, muscle strain, and/or injuries to the muscles, ligaments, and discs that support the spine Over time, a muscle

### **The Translaminar Microsurgical Approach to Lumbar Disc ...**

Jul 02, 2020 · Lumbar Disc Herniation (LDH) through a translaminar window The second case shows a Lumbar disc herniation to the HZ with a

concomitant foraminal stenosis, so a modified translaminar approach is proposed to extract the extruded disc fragment and to explore the impinged nerve root through the translaminar window Both cases

#### **Differentiation Between Postoperative Scar and Recurrent ...**

recurrent disk herniation and postoperative fibrosis [4-7) However, it has been shown that lumbar spinal CT after administration of IV contrast medium can improve the CT differentiation between recurrent disk herniation and scar [8, 9) Moreover, MR imaging has been demonstrated to compare favorably with myelography and

#### **Effectiveness of McKenzie Manipulative Therapy on Pain ...**

Jul 13, 2020 · concentration to lumbar disc herniation to evaluate if McKenzie manipulative therapy is effective<sup>15-16</sup> Also, there are recommendations for evaluating the therapeutic approach for the low-resource countries<sup>16</sup> The study is intended to report the effectiveness of McKenzie MDT exercises and manipulative approach for LDH patients compared to Lumbo