

Conservative treatment of a patient with disc herniation



Kosta Zamanovski, Danche Vasileva, PhD¹

¹ Faculty of Medical Sciences, University "Goce Delchev" – Shtip, Republic of Macedonia

Abstract

The herniated disk is a prolapse of the intervertebral disc and compression of the nerve root, which most commonly occurs in 90% of the cases of the lumbar part of the spinal column between L4-L5 and L5-S1 due to high pressure.

Goal

The aim is to demonstrate the effect of conservative treatment in a patient with a disc herniation

Results

After a treatment lasting intensely over three months, a positive result was achieved. The controlled MRI shows that there is a complete discharge of the herniated disc.

Conclusion

When discussing hernia, one should not think of a single treatment solution, such as surgery, and it is necessary to apply conservative therapy. as was done in this patient and achieved excellent treatment success. During the three-month treatment, positive results were achieved, in the direction of reduced pain, motivation and overcoming muscular instability. Factors that can have a positive effect on the results include a gradual progression of the load, consistency, and high motivation of the patient.

Materials and methods

A patient at the age of 29 years was applied to conservative kinesitherapy and acupuncture therapy after MRI diagnosis and a discussion of hernia at the level of L-4 and L-5 lumbar vertebrae. The treatment includes: post-isometric relaxation of m. erector spinae, m. quadratus lumborum and m. iliopsoas, segmental massage, treatment with exercise, exercise to strengthen weak muscles, relaxation, exception therapy, active exercises of different starting positions and acupuncture. The greatest advantage is given to kinesitherapy in order to prevent the progression of the pathological process and improve the patient's functional condition. Treatment acupuncture was used to reduce pain caused by the herniated disc.

