



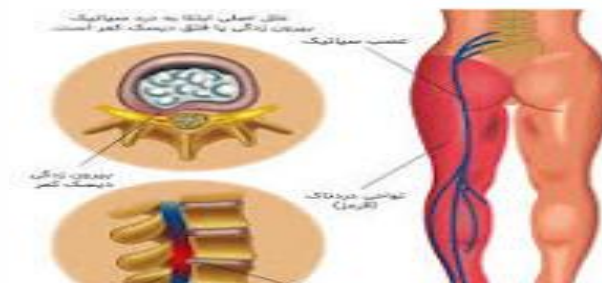
Treatment of lumbar disc herniation:

To treat a lumbar disc, you should rest completely in the first few days, and your doctor will recommend minimal movement.

To treat lumbar disc herniation in patients, drug therapy should be used, and this is an important part of the treatment. The drugs prescribed for lumbar disc herniation are very important and, in addition to controlling pain, reduce local inflammation in the disc area and the adjacent nerve, which in turn reduces the patient's pain.

After initial treatment and relative improvement of symptoms, methods such as physiotherapy, hydrotherapy, and exercise are used to complete the treatment and prevent the pain from returning. Note: Surgery should be considered the last resort for lumbar disc herniation, as the likelihood of lumbar disc herniation improving without surgery is high.

In fact, it is referred to as pain that starts in the back and continues like a strip to the back of the buttocks and the back of one or both legs. The causes of this pain and ultimately developing a lumbar disc can be considered an incorrect years onwards, lifestyle, increasing age from and loss of fluid inside the lumbar disc. In this case, the elasticity of the disc is lost. In the event of heavy activity or in some cases, the disc spontaneously protrudes and causes pain. Some people inherit this disease from their parents. Long and improper sitting, long driving, lack of proper exercise, and inappropriate and non-standard work environment conditions are among the things that cause spinal damage in humans today



Lumbar disc protrusion:

A herniated disc can cause a person to feel severe pain in one or both lower limbs when walking or standing, and the pain may be reduced to some extent when resting. The cushions or plates of cartilage that are located in the human spine or between the lumbar vertebrae are called discs. The discs located in the human spine are responsible for absorbing shock and reducing pressure on the spinal cord and peripheral nerves. In fact, the pressure that is applied to the spine is absorbed by these discs. These discs also help improve movement between the vertebrae. So we found out that all humans have a lumbar disc, and what is meant by lumbar disc disease is actually a herniated or bulging lumbar disc.

Symptoms of a herniated lumbar disc:

One of its most important symptoms is pain along the path of the sciatic nerve. Sciatica is not actually a disease, but a symptom



Back surgery



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Unless the disc is completely ruptured and there is a high probability of paralysis in the lower limbs, in which case surgical treatment is performed as an emergency. If the disc is not ruptured, surgery is still recommended in three cases:

1. The pain is very severe and does not improve

2. The pressure on the nerve causes weakness in the legs

3. The patient has urinary incontinence in controlling urine and stool.

and reduces their strength.

urinary incontinence in controlling urine and stool.

Post-back surgery care:

Eat foods containing vegetables, fresh fruits, lean meats, dairy products, vitamin C such as fruit juices, and light and thin foods. If you gain weight, reduce it with the help of a nutritionist. Long rest is not recommended at all. Avoid sudden movements or lifting heavy objects. Exercises such as walking, stretching, and swimming are recommended. Wearing appropriate shoes, using a toilet seat and belt, and medical treatment will also help improve the clinical condition.