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Lumbar radiculopathy physical therapy exercises pdf

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BAY STATE PAIN MANAGEMENT

Symptoms
The nerve roots leaving the back serve the legs. When a lumbar root is injured, pain, weakness, numbness or tingling may be felt in the buttocks, leg or foot. This pain is usually called sciatica.

About Lumbar Radiculopathy
The spinal cord branches out to all parts of the body. The part of a nerve that connects to the spinal cord is called a nerve root. If one of these roots is injured or pinched, pain, weakness, numbness or tingling may be felt in the part of the body served by that nerve.

MOST COMMON CAUSES OF NERVE ROOT INJURY

Herniated Disc
When a spinal disc ruptures, it may press on a nerve root.

Spinal Stenosis
The bones creating the spinal canal may grow inward, pinching a nerve root.

Degenerative Disc Disease
If a spinal disc weakens, vertebral bones above and below may touch, pinching nearby nerve roots. Bony spurs also may press on the nerves.

Damage at the L2 level of the lumbar
Pain in the thigh. Weakness in the hip.

Damage at the L3 level of the lumbar
Pain in the thigh. Weakness in the knee and thigh.

Damage at the L4 level of the lumbar
Pain in the lower back down to the knee and foot. Weakness in the foot.

Damage at the L5 level of the lumbar
Pain on the outside of the leg to the top of the foot and big toe. Weakness in the foot.

Damage at the S1 level of the spine
Pain in the back of the calf to the outside of the foot and little toe. Weakness in the foot.

BSP
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Pain Management

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6. **LOW THORACIC EXERCISES**

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McGill's big 3 back exercises

The three exercises that spine biomechanist Stuart McGill recommends to help people stabilize their spines:

THE CURL-UP

THE BIRD DOG

THE SIDE BRIDGE

Vox

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Pinched Nerve (Cervical Radiculopathy) Stretches & Exercises



Smartphone apps for the self-management of low back pain: a systematic review. *Best Pract Res Clin Rheumatol*. 2016;30(6):1098-109. Article Google Scholar Mansell G, Hall A, Toomey E. Behaviour change and self-management interventions in persistent low back pain. *Best Pract Res Clin Rheumatol*. 2016;30(6):994-1002. Article Google Scholar Bruyère O, Demoulin M, Brereton C, Humblot F, Flynn D, Hill JC, Maquet D, Van Beveren J, Reginster JY, Crielaard JM, Demoulin C. Translation validation of a new back pain screening questionnaire (the STarT Back Screening Tool) in French. *Arch Pub Health*. 2012;70(1):12. Article Google Scholar Almeida MO, Saragiotto BT, Maher CG, Pena Costa LO. Influence of allocation concealment and intention-to-treat analysis on treatment effects of physical therapy interventions in low back pain randomised controlled trials: a protocol of a meta-epidemiological study. *BMJ Open*. 2017;7(9):e017301. Article Google Scholar Page 2 From: Physical Therapy Approaches in the Treatment of Low Back Pain Acute low back pain (without serious pathology) Initial reassurance, guidance to stay active and avoid bed rest, and provide guidance on self-management Self-management can include self-exercises and education from reading booklets or being involved in online education for low back pain Primary conservative physical treatment may include exercises, superficial heat, and manual therapy Guidance to return to normal activities, or referral for an individual or group exercise program Pharmacological therapies include nonsteroidal anti-inflammatory drugs (NSAIDs) and weak opioids for brief periods (paracetamol is not recommended) Progress should be reviewed in 7-14 days Medically Reviewed by Tyler Wheeler, MD on December 10, 2022 Lumbar radiculopathy, or sciatic neuritis, is a condition that usually results from a pinched nerve or a herniated disc, though other causes are possible. Typical symptoms are weakness, pain, numbness, or tingling. Lumbar radiculopathy, which some people call sciatica, is often attributed to lower back pain, butt pain, and leg pain. Exercises to strengthen your core or increase flexibility can help with pain reduction and improved mobility. Most of the time, treating sciatic neuritis with exercises is enough, though there are exceptions. Speak to your doctor to find the right treatment for your needs. The best exercises for lumbar radiculopathy focus on restoring the ability to move and on strengthening abdominal muscles. Improper movement can cause more harm than good.

CERVICAL RADICULOPATHY



DEFINITION & SYMPTOMS

- 1 Radiculopathy when one or more nerves are affected at the level of the nerve root/pain = "root" resulting in pain (radicular pain), weakness, & numbness. Cause can be disc herniation, spondylosis or osteophytes.
- 2 Increased prevalence 40-60 years of age.

DIAGNOSIS

- 1 Positive Spurling's test
- 2 Positive distraction test
- 3 Cervical motion > 90 degree
- 4 Positive straight leg raise test

NATURAL HISTORY OF CERVICAL RADICULOPATHY

- 1 Substantial improvement 4-6 months
- 2 Time to complete recovery can be 24-36 months
- 3 Small proportions have residual pain and disability
- 4 Neurological deficits full recovery in majority of cases with no reoperation

EXERCISE & MANUAL THERAPY MORE EFFECTIVE THAN 'WAIT & SEE'

INTERVENTION:

- 1 Exercise: neck specific / upper limb
- 2 Manual therapy
- 3 Pain coping / stress management
- 4 Multimodal approach more effective than manual therapy alone
- 5 Provide cervical traction no better than cervical traction

SURGERY V PHYSIOTHERAPY: MINIMAL DIFFERENCE LONG TERM

- 1 Surgery confers greater reductions in pain in short term
- 2 At 2 years minimal differences between surgery & physiotherapy in neck & arm pain and disability (i.e. 50% of surgical / 70% of physiotherapy conf. stated as "much better / better".)

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In addition to ensuring the right form, building endurance is essential. Many of the exercises center around your hip joints and your stomach muscles. Get started with the following six exercises:

- Hip Flexor Stretch** Exercises for lower back pain often begin with the hips. Use a hip flexor stretch to increase rotation and mobility. This exercise helps your hips rotate more effectively, increasing your flexibility and making it easier to move.
- Step 1:** Kneel with one knee on your mat.
- Step 2:** Lift the arm on the same side as the knee that is down on the ground (back knee).
- Step 3:** Move your raised arm back. That should make your hips move forward and your back lengthen.
- Step 4:** Hold that position for 20-30 seconds. You should repeat this exercise three times.

Quadriceps Stretch This stretch is aimed toward improving lumbar flexibility.

- Step 1:** Lie down, face down.
- Step 2:** On the side most affected by Lumbar Radiculopathy, attach a towel or therapy band to the foot. Use the towel/band to pull your heel to your butt.
- Step 3:** Hold it for 1 minute. You can repeat this stretch three times.

Bring Your Knees to Your Chest This is a simple move that stretches out lower your back and can help with a spondylolisthesis (condition affecting the lower vertebrae of your spine).

- Step 1:** Lie down, knees bent.
- Step 2:** Bring your knees (both of them) into your chest.
- Step 3:** Keep them there for approximately 5-10 seconds.
- Step 4:** Take a break. Repeat this exercise 5-10 times a day.

Upward dog A common yoga pose, upward-facing dog offers a deep chest stretch and helps build your core muscles.

- Step 1:** Position yourself flat on the mat, face down.
- Step 2:** Lift your head a bit. Put your hands beneath your shoulders with your palms down.
- Step 3:** Point your toes.
- Step 4:** Breathe out.
- Step 5:** Raise your body and legs off the ground by pushing through your hands and through the tops of your feet.
- Step 6:** Make sure your neck is long and relaxed, and engage your thighs so they're tight while you hold the upward dog and continue breathing.
- Step 7:** When you hold this plank exercise, begin with 15-second intervals and slowly increase, as your core strengthens, up to 30 seconds. Perform the upward dog pose once a day. It's common to start your day with this popular yoga position to help you warm up your back muscles.

Crunches (Curl-ups) Crunches isolate the muscles in your abdominal. Strengthening your abdominal muscles can help reduce sciatica pain.

- Step 1:** Lie on your back.
- Step 2:** Bend your knees, positioned at a 90-degree angle.
- Step 3:** Check that your feet are about a foot away from your body and are flat on the floor.
- Step 4:** Place your hands on your shoulders, crossed over each other.
- Step 5:** Bring your stomach muscles in, tightening them.
- Step 6:** Lift your shoulder blades up and away from the floor.
- Step 7:** Keep your heads and shoulders aligned. Do not put your head down toward your chest.
- Step 8:** Stay for 1-2 seconds.
- Step 9:** Gently lower yourself back to the floor. Complete 8-12 crunches per day to help build muscles.

To prevent further injury from your lumbar radiculopathy, your doctor may refer you to a physical therapist to ensure you've positioned your body correctly. When you're dealing with radiculopathy (compressed nerve in the spine), it's important to reduce or change any activities that make your pain worse. Use ice and heat to help reduce pain when needed. © 2022 WebMD, LLC. All rights reserved. View privacy policy and trust info