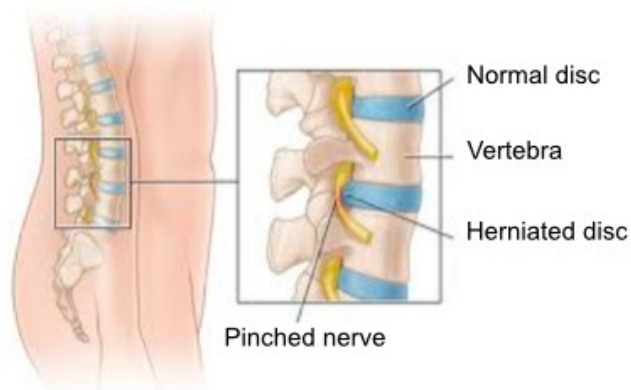


## Lumbar Disc Herniation



In the lumbar spine there are 5 vertebrae. Between every vertebra there is a disc that acts as a shock absorber and forms canals that allow nerves to come out from the spinal cord to the rest of the body. The disc is made up of a gelatinous substance and when it herniates, this substance can pinch nerves surrounding the disc. If you're suffering from the following symptoms, you may have an injured disc in your low back:

1. Weakness in your legs
2. Numbness in your legs/feet
3. Tingling in your legs/feet
4. Sharp pain in the low back
5. Shock-like pain that travels from the low back to the legs and/or feet
6. Low back pain while sneezing or coughing
7. Low back pain while pushing as you defecate

Aside from the list above, it is best to have an MRI done to confirm the diagnosis.

### Solution

To correct this problem you have to move the herniated portion of the disc away from the irritated nerve and strengthen the muscles surrounding it.

The next page will show you how to perform orthopedic tests to see if you fall into this category.

## **Analysis: Lumbar Disc Herniation**

Perform the orthopedic tests below to see if you show positive symptoms for a disc herniation.

### **Lasegue's Test**



Start on your back. Lift your head until your chin is touching your chest and raise one leg with your knee bent then straighten out the leg. Repeat with the other leg. If you feel low back pain or a shock-like pain that travels down the leg, you are showing symptoms of a herniated disc.

### **Straight Leg Raiser**



Start on your back. Keeping your right leg straight, lift it up as far as you can. Repeat with your left leg. If you feel pain in the low back or shock-like pain traveling down the leg, you are showing symptoms of a herniated disc.

## Milgram's Test



Start on your back. Keeping both legs together, lift them 5 inches off the floor and hold this position for 10 seconds. If you're having back pain or sharp pain that travels down the legs, you're showing symptoms of a herniated disc.

## **Exercise Plan: Lumbar Disc Herniation**

As stated previously, in order to eliminate back pain caused by a disc herniation, you must do exercises that move the herniated portion away from surrounding nerves, strengthen the muscles in the low back, and decompress the spine.

I also recommend that you invest in a decompression, which is a specialized vest you can use at home that decompresses the spine and removes pressure off discs and nerves. Learn more about decompression vests by visiting this link [DrJoseGuevara.com/inversion](http://DrJoseGuevara.com/inversion).

These are the prescribed exercises to treat a lumbar herniated disc.

Exercises	Sets	Repetitions
Knees to chest (10)	4	10
Knees to shoulders (16)	4	10
Lumbar extensions (39)	4	10
Decompression (40)	4	10
Cliff hanger (41)	4	10
Hip bridges (4)	4	10

For pictures and descriptions of the exercises on this page, go to the *Exercise Guide* section of this book (Page 42). The numbers in parenthesis next to each exercise corresponds to the exercise number in the Exercise Guide.