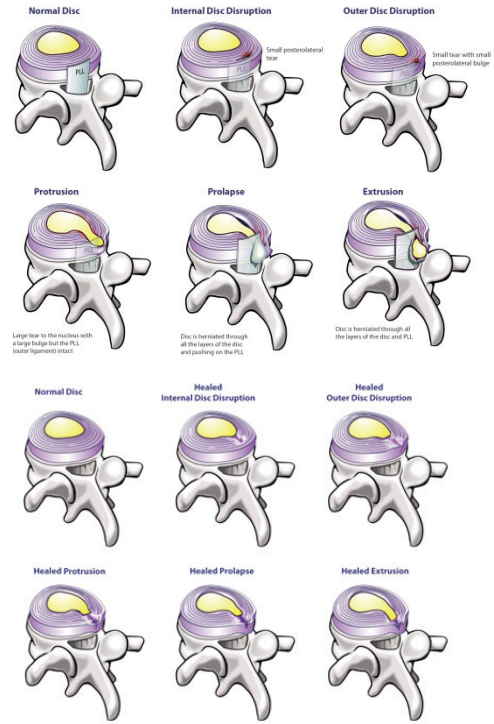


Lumbar Disc Pathology Healed

Lumbar Disc Pathology has various presentations

1. Normal
2. Internal Disc Disorder
3. Outer Disc Disorder
4. Protrusion
5. Prolapse
6. Extrusion
7. Sequestration (not shown): rare



Discs do heal. However, they have poor blood supply and therefore do not heal as well as structures that have better blood supply. Therefore, it is essential to create an optimal healing environment for the discs. This includes proper nutrition and exercise.

This handout is designed to help the patient understand what is causing their pain and know that they can heal. Patients that focus on the negative sides of their condition may not heal as quickly. Therefore, this handout shows a list of treatment options that can help improve healing.