ABSTRACT
Title of the thesis: Physiotherapeutic treatment of a patient with disc herniation at l4/l5
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Summary
In this bachelor thesis which was written and organized by myself, it is divided in two parts. The general part and the special part.

The general part, which is the theoretical part, it includes all the anatomy of the lower back, specifically the vertebrae of the spine, the muscles, the lumbosacral plexus, joints, ligaments and fasciae of the lower back. The biomechanics of the lumbar spine and intervertebral disk. The kinesiology of the lumbar spine. Then, it is explained in details what is low back pain and disk herniation. Mentioning the common causes, etiology, symptoms, risk factors, physiotherapy examination, conservative and non-conservative treatment.

The second part of the thesis, which it’s the special part, it includes the whole case of my patient with low back pain due to disk herniation. In this parts it is also included the whole anamnesis/history of my patient, the whole examination (initial and final examination), and the therapy sessions which were 6. And finally the evaluation of the effect of the therapy sessions.
Keywords
Case study, low back pain, disk herniation, conservative treatment, physiotherapy, exercise.