

Abstract

Objectives: The purpose of this Thesis is to create a general review to describe methods, results and conclusion of treatments for lumbar disc herniation. To compare conservative with non conservative treatment by meaning of using systematic reviews literature and clinical trials.

Selection Criteria: We independently assessed each title and abstract using predetermined inclusion criteria based on intervention, population, outcome measures, and study design criteria. Full papers, reports, and meeting abstracts that met inclusion criteria were retrieved and reviewed independently.

Results: A significant improvement in surgery in evaluation in the first six months which follows in a slight decrease the first 2 years comparing with conservative approach. Microdiscectomy effectiveness is comparable with standard discectomy. A stiff and flat back has a good prognosis after lumbar disc surgery. Conservative treatments can improve patient but there were no statistical significant however good results were shown in evaluation and exercise by mckenzie also physical therapy had some good results with exercises, traction with greater result with chiropractic approach. Conservative is needed after surgery for better and longer timing results. By MRI finding there was conclusion that only with natural history and conservative approach a disc herniation can relapse.

Key Words: Spinal disc herniation, surgery, conservative, sciatica, radiculopathy, back-leg pain.