

## **Abstract**

### **Title**

Effectiveness of conservative and microdiscectomy treatment for patients with lumbar disc herniation

### **Background**

Lumbar disc herniation is a common cause of the radiating leg pain and related disabilities that affects people mostly in the middle age. Patients that suffer from lumbar disc herniation respond well to conservative treatment, but for some amount of them surgery could be considered if conservative care is failed after 6 weeks. Although variety of conservative methods that common available in the treatment of lumbar disc herniation, there is conflicting evidence that one type of treatment is clearly superior to others and disagreement over superiority of either surgical intervention or longer conservative treatment for patients with persistent symptoms lasting more than 6 weeks without serious neurological deficit.

### **Aim**

The main purpose of this thesis is to assess the efficacy of main types of conservative and surgery treatments of the lumbar disc herniation and factors that influence clinical outcomes in patients undergoing this treatment.

### **Method**

This thesis is a literature review, reviewing articles from relevant journals and books. The relevant sources were searched and collected from database of PubMed, Cochrane library and ScienceDirect from beginning of 2012 to the middle of 2013.

### **Results**

According to reviewed studies from variety of conservative treatments only epidural corticosteroid injection showed significantly improvement regarding to pain relief. Patients undergoing conservative care and surgical intervention improve over time, however patients undergoing surgical intervention has faster reduce of pain in the first 6 month compared to conservative treatment. Effectiveness of microdiscectomy is comparable with other surgical techniques, but has less post-operative complication

### **Conclusion**

Patients with lumbar disc herniation whose symptoms have not improved during 6-12 weeks, the most appropriate treatment option for them in reducing of symptoms can be considered the surgery intervention.

**Keywords**

Lumbar disc herniation, sciatica, radiculopathy, conservative treatment, surgery treatment, microdiscectomy.