

PRO Therapy

Positive Outcomes



Patient, Don Marginson, with Julie Hofman, PTA.

“When I came to the Back Pain and Sciatica Workshop PRO Therapy held in May, I could only stand for two minutes and I couldn’t walk more than 50 yards without extreme pain. I started physical therapy after that. The stretches and exercises have helped me to stand and walk without any pain for more than twenty minutes and I am off all of my pain meds!

Everyone at PRO Therapy is putting my wellness as their first priority. I would recommend PRO Therapy to anyone and I will. Thank you so much for your help!”

~Don Marginson

At PRO Therapy, our therapists specialize in helping people with back pain and sciatica. If you find that a patient is suffering from back pain, physical therapy is an effective and low cost treatment option. We promise to give your patients the highest level of treatment, resulting in improved outcomes for your referrals.

We will do all we can to have your patients THANK YOU for sending them to our care. To refer a patient, please call 928-854-4776 or fax patient info to 928-854-4857.



Resolution of Lumbar Disc Herniation with Conservative Treatment

Disc Herniations Cause Sciatica

A common cause of back pain and sciatica is a herniated disc. The severity of the lesion is categorized as (from least severe to most severe):

- Disc Bulge
- Disc Protrusion
- Annular Protrusion

Typical symptoms of disc pathology can include back pain, lower extremity paresthesia (pain, numbness and tingling) and lower extremity weakness.

Prevalence of Disc Herniations in Asymptomatic Populations

A recent study in the *American Journal of Neuroradiology* examined the prevalence of disc pathology in asymptomatic populations via a literature review for MRI and CT scans.

The researchers then categorized the severity of lesions as per above. Then further delineated the prevalence findings by age.

The authors concluded disc related spine disease is common in asymptomatic populations and increases with age. They recommended image findings be interpreted in the context of the patient's clinical presentation.

Age (Yrs):	20	30	40	50	60	70	80
Disc Bulge	30%	40%	50%	60%	69%	77%	84%
Disc Protrusion	29%	31%	33%	36%	38%	40%	43%
Annular Fissure	19%	20%	22%	23%	25%	27%	29%

Can a Disc Herniation Be Resolved?

The table above examined asymptomatic individuals. The questions remain: "What is the prevalence of positive findings in symptomatic findings?" and "If there is a positive disc finding on an MRI or CT image, can the disc lesion resolve?"

A clinical case study was published last year in the *New England Journal of Medicine*. The patient was a 29 year old female experiencing right leg pain and paresthesia. An MRI revealed a lumbar disk herniation resulting in substantial spinal stenosis and nerve-root compression. She elected conservative treatment with physical therapy and an epidural injection. A second MRI obtained at follow-up five months after presentation showed resolution of the herniation.

Clinical Implications and Discussion

Disc pathologies are a common cause of back pain. Lesions detected in radiographs are found frequently in asymptomatic populations.

Radiographs are an important part of the diagnostic process but should not be relied on as the sole diagnostic tool.

Once a diagnosis of a disc pathology is made, conservative care can be effective at treating the lesion. Resolution of disc pathology is possible with conservative care including physical therapy.

References:

Am J Neuroradiol. 2015; 36(4): 811-816.
NEJM. 2016; 374:1564