

REHAB CHALLENGES

A 59 year old lady attended PMR OPD with severe low back pain with radiation to outer aspect of right leg for 2 weeks. Actually she was suffering from gradual onset low grade LBP without radiation for last 6 months. For that she was advised to wear a lumbosacral brace and to do spinal flexion group of exercise by an orthopaedician. When she attended PMR OPD her pain score in VAS was 7 out of 10. On examination there was local tenderness in L3 – L5 spine with muscle spasm. On thorough neurological examination there was paraesthesia over right L5 distribution without any motor deficit or cord compression.

Her x-ray of lumbosacral region showed a degenerative grade 2 spondylolisthesis of L3 over L4. She was advised to take rest for 48 hours, to wear brace, NSAID and muscle relaxant and static spinal group of exercise. She was also advised to undergo for a MRI scan of lumbosacral region.

Interestingly MRI scan showed a PIVD in L4 and L5 region with lateral recess stenosis of right L5 and nerve root compression. Now the dilemma starts regarding stepping up of the exercise programme.

Please opine regarding the further exercise schedule apart from lumbosacral stabilization exercise.