

Back pain due to sciatica & disc herniation - subjective examination /extras to unit 5, ex. 12, p. 73 in: Ciecierska J., *English for Physiotherapy*.

Task 1: Study the case described below to act out a subjective examination.
Pairwork: The physio: - ask the patient questions about their back pain described in the case report sections - ask at least 10 questions, one to every paragraph of the report. The patient: give true answers based on the report and/or add some of your own imaginary answers.

Case report:

- (1) A 43-year-old man presented with a chief complaint of right-sided buttock and lower extremity pain of 10 weeks' duration.
- (2) It began two days after working out at the gym.
- (3) The pain was constant and described as if the nerves in his entire leg from the buttock down were being "pulled apart," accompanied by "numbness" along his right posterolateral thigh, lower leg, and foot.
- (4) The pain severity was graded as a seven out of 10; and his overall Bournemouth Questionnaire score totaled 40 out of 70, where zero equals no disability and 70 equals complete disability.
- (5) The buttock and lower extremity symptoms were most intense first thing in the morning (e.g. when getting out of bed).
- (6) Standing up and walking around was somewhat palliative [łagodzący]. Other provocative [drażniące] features included prolonged sitting and/or twisting movements (e.g. turning over in bed and getting in/out of a car).
- (7) Two weeks earlier, a magnetic resonance imaging (MRI) study had been performed, revealing a lumbosacral disc herniation with impingement [naruszenie] of the right S1 nerve root [korzeń].
- (8) Because heat therapy and over-the-counter anti-inflammatories (Ibuprofen) had not provided any relief, his nurse practitioner had prescribed ice and a stronger anti-inflammatory drug (Celebrex), and referred him for chiropractic treatment.
- (9) Magnetic resonance imaging revealed a lumbosacral disc herniation. Straight leg raise testing provoked the patient's right sciatic pain, and neurologic examination revealed a diminished right Achilles tendon reflex and mild hypoesthesia [hipestezja, osłabienie czucia] along the patient's outer right foot.
- (10) The patient was diagnosed with lumbar disc herniation and sciatica.

Task 2: What exercise/s can be prescribed for the patient to relieve his pain? Describe the subsequent steps for one (1) exercise in detail: the starting position, activities step by step along with their time-course and rationale behind the exercise.

References:

Emary P.C. (2015). Evidence based prognostication in the case of sciatica. *Journal of Canadian Chiropractic Association*, 59(1) 24-29. Retrieved from <http://ncbi.nlm.nih.gov>

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