

REHAB CHALLENGES

A young male of 27 years working as a garage mechanic complains of chronic low back pain for more than 5 years which aggravated recently after lifting heavy weight. The pain is localised to the right side of lower back which is radiated upto the back of mid-thigh .The pain aggravates on extension, lateral bending and rotation. While straightening from bend position to erect posture he feels a sharp catch and he also complained of similar pain at night while turning in the bed along with disturbance of sleep and loss of work due to pain.

On examination there were no neurological abnormality. There is a tender point on palpation at the paraspinal area at the right side in L4/5 level. X-ray showed slight grade 1 spondylolisthesis at L4/5 level. He had an MRI done which revealed disc prolapse at L3 / L4, L4 / 5, L5 / s1. Electrodiagnostic study and other biochemical markers were normal.

The patient was put on NSAIDs, muscle relaxant and antidepressants .He was also on lumbosacral brace and static spinal exercise regimen. After 48 hours treatment of conservative regimen, theVAS score of pain was 7 and he was unable to perform his normal ADL.

Opinion from reader regarding intervention of choice for his rehabilitation at this juncture.

*NB : Please send the opinion to the editor with your name, address of communication.
The right responder will be acknowledged in next issue of journal.*