

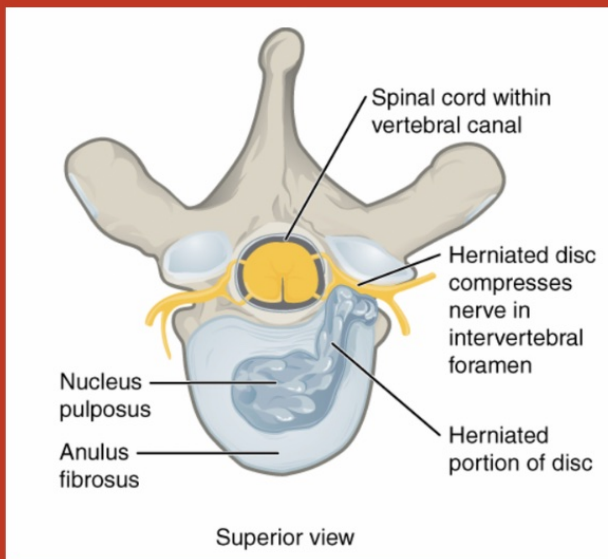
# RADICULAR LOWER BACK PAIN Evidence Based "CHEAT SHEET"

## DEFINITION/PATHOLOGY/INJURY (10)

- Pain evoked from a dorsal root or its ganglion
- Disc herniation is the most common cause
  - Inflammation of the nerve (pain)
  - Compression of the nerve
  - Associated radiculopathy
- Disc related (potentially worsens with spinal flexion/compression)
- Associated dermatomal/myotomal issues
  - Numbness/tingling
  - Weakness

## PRIMARY SYMPTOMS (10)

- Pain with flexion/compression
- Neural tension-hurts to stretch the nerve
- May hurt to load the involved side
- Dermatomal/ Myotomal weakness
  - May have longer term issues associated with myotomal weakness that must be resolved
- Ex. tib anterior/quad/calf



SOURCE - ATTRIBUTION: MJORTER AT DUTCH WIKIPEDIA, PUBLIC DOMAIN, VIA WIKIMEDIA COMMONS



## STATS (19)

- 63-72% of patients experience paresthesia
- 35% experience radiation of pain in the lower limb
- 27% numbness
- 37% muscle weakness
- 40% absent ankle reflexes
- 18% absent knee reflexes