

# A Nonsurgical Approach to the Management of Patients with Lumbar Radiculopathy Secondary to Herniated Disk: A Prospective Observational Cohort Study with Follow-Up

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Lumbar radiculopathy is a common and debilitating problem for many people. Fortunately, only a small number of these individuals deteriorate to the point of needing surgical intervention. However, the successful conservative management of these patients has been challenging for many primary care physicians.

This research paper from the Journal of Manipulative and Physiological therapeutics shows that a combination of spinal manipulation, joint mobilization, soft tissue techniques, active exercise, and education provided patients with significant relief at the conclusion of treatment and during long-term follow up.

By utilizing evidence-informed clinical decision making and treatment, our office has been able to successfully treat many patients suffering from lumbar radiculopathy. Our referral partners have continued to rely on our practice to evaluate and treat their patients who have lumbar radiculopathy secondary to disc herniation.

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*“Nearly 90% of patients reported their outcome to be either “excellent” or “good”. Clinically meaningful improvement in disability was seen in more than 70% of patients, and clinically meaningful improvement in pain intensity was seen in 74% of patients. These improvements were maintained 14.5 months after cessation of treatment.”*

*“Improvement was self-described as “good” or “excellent” in 80% of patients.”*

*“Clinically meaningful improvements in pain and disability were seen in 79% and 73% of patients, respectively.”*

