Disc herniations are most found in the lumbar spine. In many cases, herniations are chronic but there are instances where there are traumatic cases. The standard symptoms seen in these cases are low back pain, sciatica, numbness and tingling in lower extremities. There is quite a rare presentation of acute lumbar disc herniations occurring from weightlifting especially amongst the young adult population. A neurosurgical exam should be performed if a patient experiences symptoms suggestive of herniation and followed by an MRI scan to assess if any spinal nerves were affected. In conservative and non-conservative cases, patients should be symptom free within 3 to 4 months, but this could last longer depending on each case. Patients could exhibit any of their treatments depending on the exercise they are performing which could set back an initial return-to-play timeline. Joint mobilizations, manual therapy, along with multidisciplinary treatment approaches have been proven to be effective interventions for implementation of pain modulating modalities. With the utilization of these current methods of treatment as well as a systematic return to play guidelines and protocol should ensure the successful rehabilitation process for patients experiencing lumbar disc herniations.

The patient is still ongoing in rehabilitation process with the athletic training staff at his respective military academy. This case is unique in that the most disc herniations occur in older patients with a history of bone degenerative disorders. The patient also experienced a significant mechanism of injury to the injury that is not common to the young adult population.

References


