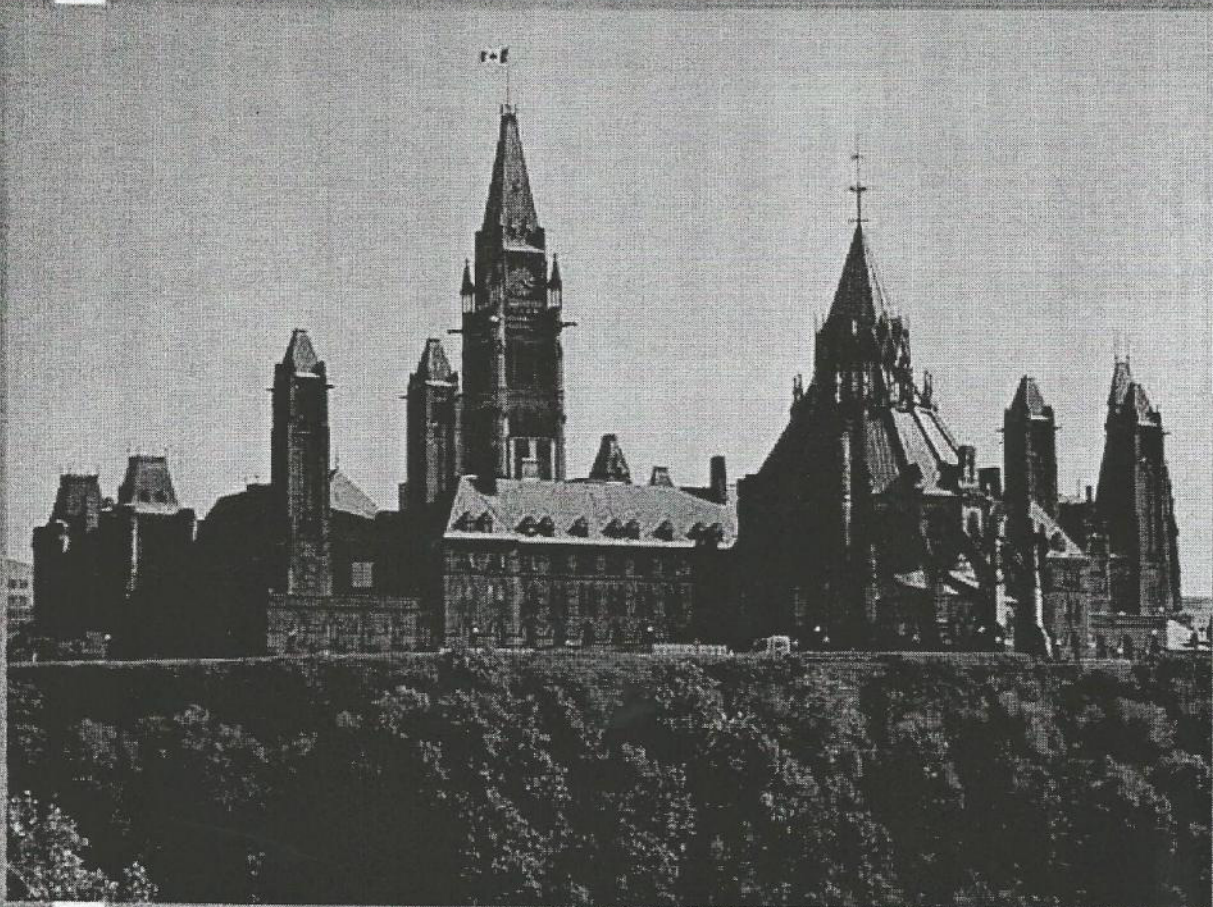


# Canadian Journal of Education and Engineering



No.2. (12), July-December, 2015



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## ***Treatment guidelines for the prevention of relapsed low back pain***

**Abstract:** In the period 2011-2014 were observed 30 patients with clinical diagnosis - protrusion discalis (L4-L5, L5-S1) treated conservatively in different hospitals. Of these, 15 were men and 15 women with an average age of 43.8 years. After treatment for a year are performed analytical exercises at home under guidance of a kinesitherapist. Attached is a test of herniation of the lumbar disc, the static portion of which is used for analytical gymnastics. The results were compared with healthy people. During this time, 3 out of the patients enrolled with discomfort during the first period of the program.

**Keywords:** lumbar herniated disc healing exercises, prevention.

**Physiotherapy purpose:** *To create a program of therapeutic exercises for the prevention of recurrent low back pain.*

**Tasks:**

1. To present epidemiological data on the disease.
2. To describe the anatomical and biomechanical characteristics of lumbar spine.
3. Describe the reasons for receipt of lumbar disc herniation and basic clinical data.
4. From literature to put their working hypothesis.
5. To choose appropriate methods for functional testing.
6. To create and implement a program of therapeutic exercises.
7. To compare the results and to derive lessons for practice.