

Lumbago

90% of lumbar disc herniation happens at the lowest discs (L4/L5, L5/S1)

L4/L5 herniation damages L5 and/or S1 nerve root.

Damaged L5 nerve causes pain and/or reduced perception on 1: the lateral side of the lower leg, 2: the skin area between the big toe and the second toe.

Damaged L5 nerve also shows weakness of the ankle dorsiflexion.

L5/S1 herniation damages S1 nerve root.

Damaged S1 nerve causes 1: weak Achilles tendon reflex (ATR), 2: sensory impairment on the plantar, 3: weakness of the plantar flexion (=difficulty for standing tiptoe).

Two-day rest in bed cures almost all acute lumbar pain. Bed rest over 4 days is hazardous.

Avoid any posture that increases the lordosis (=anterior curvature). Therefore,

When you lie on your back, bend your knees.

When you lie on your side, keep your back round.

When you need to stand for a while, put either foot on something on the floor.

When you sit, cross your legs or keep your knees above your pelvic joints.

Try to keep your navel backward. Avoid pot belly. Build the strong abdominal muscle.