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**Dr. B Sachidanand Rai**  
Professor, Department of  
Orthopedics, Srinivas Institute  
of Medical Sciences, Mangalore,  
Karnataka, India

## **Pain after conservative management of degenerative disease of lumbar spine**

**Dr. B Sachidanand Rai**

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### **Abstract**

Lower backache in today's world is very commonly complained in every age group but more commonly in the elders. So in today's world where the posture of the body when is not maintained well forms these forms of anomaly. There is a great debate among the authors of which is the most ideal mode of treatment. So this study tries to highlight the same.

**Keywords:** conservative, management, degenerative, lumbar, spine

### **Introduction**

The most common diagnosis is the degenerative diseases of the lumbar spine. This is because of the Anatomical curves. When a rigid curve meets a moving curve the point at which the change occurs often forms the weakest point. Lower backache in today's world is very commonly complained in every age group but more commonly in the elders. So in today's world where the posture of the body when is not maintained well forms these forms of anomaly. There is a great debate among the authors of which is the most ideal mode of treatment. So this study tries to highlight the same.

The relative benefit of initial surgical treatment diminished over time, but outcomes of surgery remained favourable at 2 years according to a number of studies <sup>[1, 2]</sup>. Longer follow-up is needed to determine if these differences persist. Patients are initially given a conservative line of management. If they are not better with the conservative modality like the pain is as of the same intensity or worsening during the course of treatment with support of the radiological investigation and of course clinical findings. The exact pathology of nerve root compression is identified and managed surgically with procedures like decompression, decompression with fusion or decompression fusion with instrumentation. This study puts in an effort to find the effectiveness of conservative management in reducing pain in degenerative disorders of Lumbar spine.

### **Aims and Objectives**

To study the effectiveness of conservative management in reducing pain in degenerative disorders of Lumbar spine.

### **Materials and Methods**

This study was done in Department of Orthopedics, Srinivas Institute of Medical Sciences, Mangalore. The study was done in 30 patients who were randomly selected.

### **Inclusion criteria**

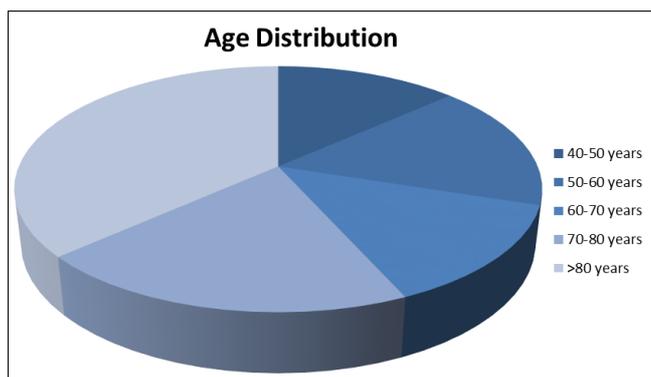
Degenerative Lumbar spine stenosis

### **Exclusion criteria**

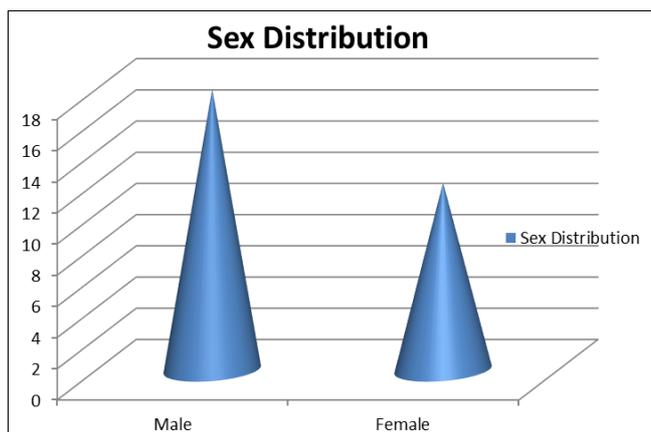
Pathological fractures

**Corresponding Author:**  
**Dr. B Sachidanand Rai**  
Professor, Department of  
Orthopedics, Srinivas Institute  
of Medical Sciences, Mangalore,  
Karnataka, India

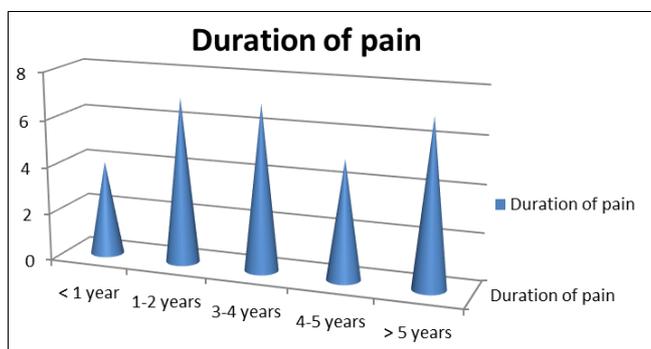
**Results**



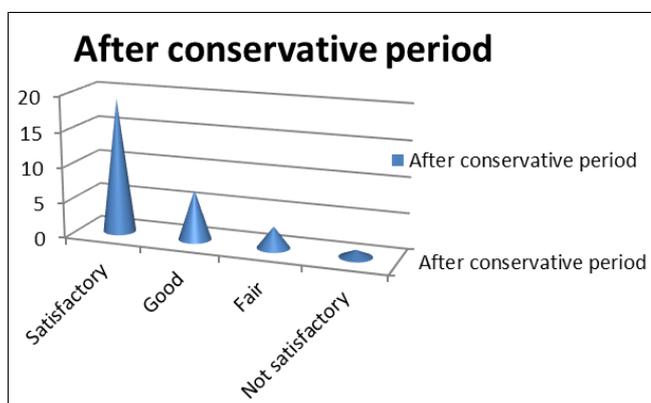
**Graph 1: Age Distribution**



**Graph 2: Sex Distribution**



**Graph 3: Duration of Pain**



**Graph 4: Results after conservative treatment: (Based upon pain score)**

very little confidence to conclude whether surgical treatment or a conservative approach is better for lumbar spinal stenosis. However, it was noted that the rate of side effects ranged from 10% to 24% in surgical cases, and no side effects were reported for any conservative treatment. No clear benefits were observed with surgery versus non-surgical treatment. These findings suggest that clinicians should be very careful in informing patients about possible treatment options, especially given that conservative treatment options have resulted in no reported side effects. Athiviraham *et al.* [2] prospectively evaluated 125 consecutive patients for this non-randomized cohort study. Of the patients choosing surgery, 54 underwent decompression only and 42 had decompression and fusion for preexisting spondylolisthesis; twenty-nine patients declined surgery. At 2 years followup, the average improvements in Roland-Morris questionnaire score in the decompression only, decompression with fusion, and nonsurgical groups were 6.9, 6.1, and 1.2, respectively. The percentages of patients who were better, worse, or the same were similar for those who had decompression only (63.3%, 4.1%, and 32.7%, respectively) and decompression with fusion (61.5%, 2.6%, and 35.9%, respectively) but different from those treated without surgery (25.0%, 12.5%, and 62.5%, respectively). In today's world where the posture of the body when is not maintained well forms these forms of anomaly [3-11].

**Conclusion**

Degenerative Lumbar spine pain can be effectively managed by conservative management.

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**Discussion**

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