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ACUPUNCTURE PROTOCOL FOR DISCOGENIC LOW BACK PAIN

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Low back pain is one of the major challenges of public health all over the world, certainly, one of the most prevalent situations in any acupuncture office. Amongst the various low back pain etiologies, Internal Disc Disruption (IDD) has been considered the most important cause of low back pain. It has been estimated that IDD is the etiology in 28% to 43% of the patients with low back pain. The mean age of IDD patients ranges from three to five decades. Annular tears of different grades are the most common forms of IDD. Environmental stress such as smoking, exposure to whole body vibration, heavy lifetime occupational and leisure physical loading could lead to increased

disc degeneration. Some young patients with discogenic pain often have a history of trauma, with their pain being described as burning or aching. Pain could be very severe, debilitating and can be exacerbated by physical activity. The pain is usually axial, but when the disc disruption compresses the nerve root, it also may present irradiations, configuring a radiculopathy. This presentation proposes a treatment protocol for discogenic low back pain with acupuncture and its useful techniques for this clinical condition, taking into consideration regional anatomic characteristics and the location of pain.

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