

Chapter 1

APPROACH TO LUMBAR DISC HERNIAS

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INTRODUCTION

Low back pain is the most common cause of labor loss. (1) Only 15% of patients with low back pain may have an etiologic cause, the most common of which is lumbar disc herniation (2, 3). Around 80% of the population suffer from low back pain at some point in their lives. In 2010, nonspecific low back pain was determined as the most common musculoskeletal problem that culminated in disability. The frequency of chronic, obstructive low back pain rose from 3.9% in 1992 to 10.2% in 2006. In 2008, in the USA 86 billion dollars were spent annually for spine (waist and neck) treatments, which amount was almost in the region of the USD 89 billion / year spent on cancer (4, 5). 90% of the patients suffering from low back pain do not see a doctor because the pain decreases or fades away completely per se within the first month (3, 6).

EPIDEMIOLOGY:

Lumbar disc herniation is diagnosed only in 2-5% of patients with low back pain. While the frequency of low back pain increases with age, the frequency of low back pain due to disc herniation drops (7). Only in 1% of patients with low back pain, radiculopathy is present (8). Being male, being in the 30-50 age range, heavy lifting, carrying, lack of job satisfaction, low income

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of endoscopic discectomy, discectomy can now be performed with less tissue damage.

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