

LUMBAR RADICULOPATHY

Stage of Recovery

- Acute Stage

Acute with inflammation (0–4 weeks).

Acute without inflammation (0–4 weeks): intermittent symptoms with acute nerve root symptoms.

- Sub acute (4–12 weeks).

Chronic (12 weeks).

- Chronic pain syndrome (More than 6 months).

I. Acute Stage

Patient education

Rest

Pharmacological Management

Acute Phase (NSAIDs/corticosteroids)

Non-Pharmacological Management

Lumbar Traction, Electrophysiological Modalities

Lumbar Core Activation-Stabilization-Strengthening

Plan of Care

1. Decrease acute symptoms.
2. Teach awareness of neck and pelvic position and movement.
3. Demonstrate safe postures.
4. Initiate neuromuscular activation and control of stabilizing muscles.
5. Teach safe performance of basic ADLs; progress to IADLs.

STABILISATION EXERCISES

ISOMETRIC ABDOMINALS IN SUPINE

- SIDE LYING + GLUTEUS MEDIUS
- SUPINE BRIDGE
- ABDOMINAL CURL
- 4 PT KNEEL
- PRONE PLANK