

Slump Stretching Versus Straight Leg Raising in The Management of Lumbar Disc Herniation

Soheir S. Rezk-Allah¹, Lilian A. Shehata², Nevein M. Gharib³

Departments of Basic Science¹, Physical Therapy for Orthopedics and Rheumatology and its Surgery², Physical Therapy for Neuromuscular Disorders and its Surgery³, Faculty of Physical Therapy, Cairo University; Egypt.

ABSTRACT

Background: Intervertebral disc herniation is the most common source compressive radiculopathy. It is characterized by narrowing of the disc space and nerve root compression. **Objective:** The purpose of this study was to investigate the effect of slump stretching and straight leg raising on patients with lumbar disc herniation. **Methods:** Severity of pain and H-reflex latency were evaluated before and after treatment by using Visual Analogue Scale (VAS) and electromyography device respectively for 40 patients from both gender with lumbar disk herniation. The patients were randomly assigned into two equal groups (2 study groups). Their age ranged from 35-50 years old and they were selected from both gender. Slump stretching was conducted for patients in group I and straight leg raising was conducted for patients in group II for four weeks. **Results:** the results showed high significant reduction in pain and H-reflex latency ($p < 0.01$) in comparison to pre-treatment values, they showed no significant difference in pain intensity between groups post-treatment while they showed a significant difference in H-reflex latency between groups post-treatment. **Conclusion:** It can be concluded that mobilization of the nervous system in the form of slump stretching and SLR significantly improved symptoms and decreases nerve root compression in patients with lumbar disc herniation.

Keywords: lumbar disc herniation; slump test; SLR test; pain; H-reflex latency.