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SPECIAL INTEREST GROUP



ORTHOPAEDIC SECTION

AMERICAN PHYSICAL THERAPY ASSOCIATION



American Physical Therapy Association
The Science of Healing. The Art of Caring.

Balla J, George SZ

The Use of a Modified Treatment Based Classification System to Treat an Adolescent with Imaging Evidence of a Herniated Disc

2008;20(4):176-181.

ARTICLE SUMMARY

According to recent research, lumbar disc herniation in the adolescent population is extremely rare and accounts for only 0.5% to 6.8% of total disc herniations. The link between the use of pathology or a treatment based classification approach for guiding treatment has yet to be determined in an adolescent population. The purpose of this case study was to address how a modified treatment based classification system was used for guidance of determining interventions for an adolescent patient with a herniated disc. The article describes treatment of 17 year old male with low back pain and a documented herniated disc at L5-S1.

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