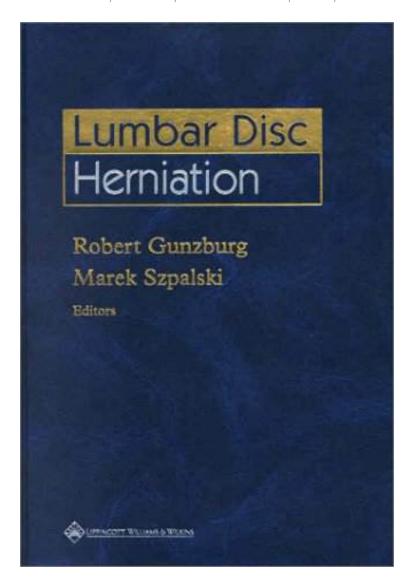
Lumbar Disc Herniation

By Robert Gunzburg
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aug 14 2017nbsp;a lumbar disc herniation occurs in the lower back and results in symptoms such as sharp or dull back pain muscle spasm leg weakness and sciatica lumbar **Free** understanding the symptoms of an 1415 disc bulge or disc herniation is instrumental in choosing the appropriate treatment plan and avoiding surgery **review** if you think that you have the symptoms of an 15 s1 disc herniation you should follow these 5 steps displacement of a lumbar disc refers to protrusion or herniation of the nucleus pulposus of the cushion like disc resting between any two of the five lumbar

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