



RESEARCH CHALK AND TALK SERIES

Come and learn about research being done by learners, staff and faculty. Discuss ideas, methods, and anything else that interests you.

October 16th at 12:10pm Bldg. 1, Room A142

Abigail Garica, OMS III, will be presenting on low back pain (LBP) as the global leading cause of disability. Herniated intervertebral discs can resorb spontaneously through an immune-mediated mechanism. Despite the presence of this mechanism, contemporary trends reveal a surge in spinal surgeries. Physical activity and lifestyle measures, such as motor control exercises, provide a non-operative alternative to spinal surgery and can interrupt the cycle of low back pain and disuse by rehabilitating coordination of the lumbar musculature and restoring mobility. Here, we present a patient with LBP and radiculopathy whose pain and L3/L4 disc herniation improved with non-operative management.