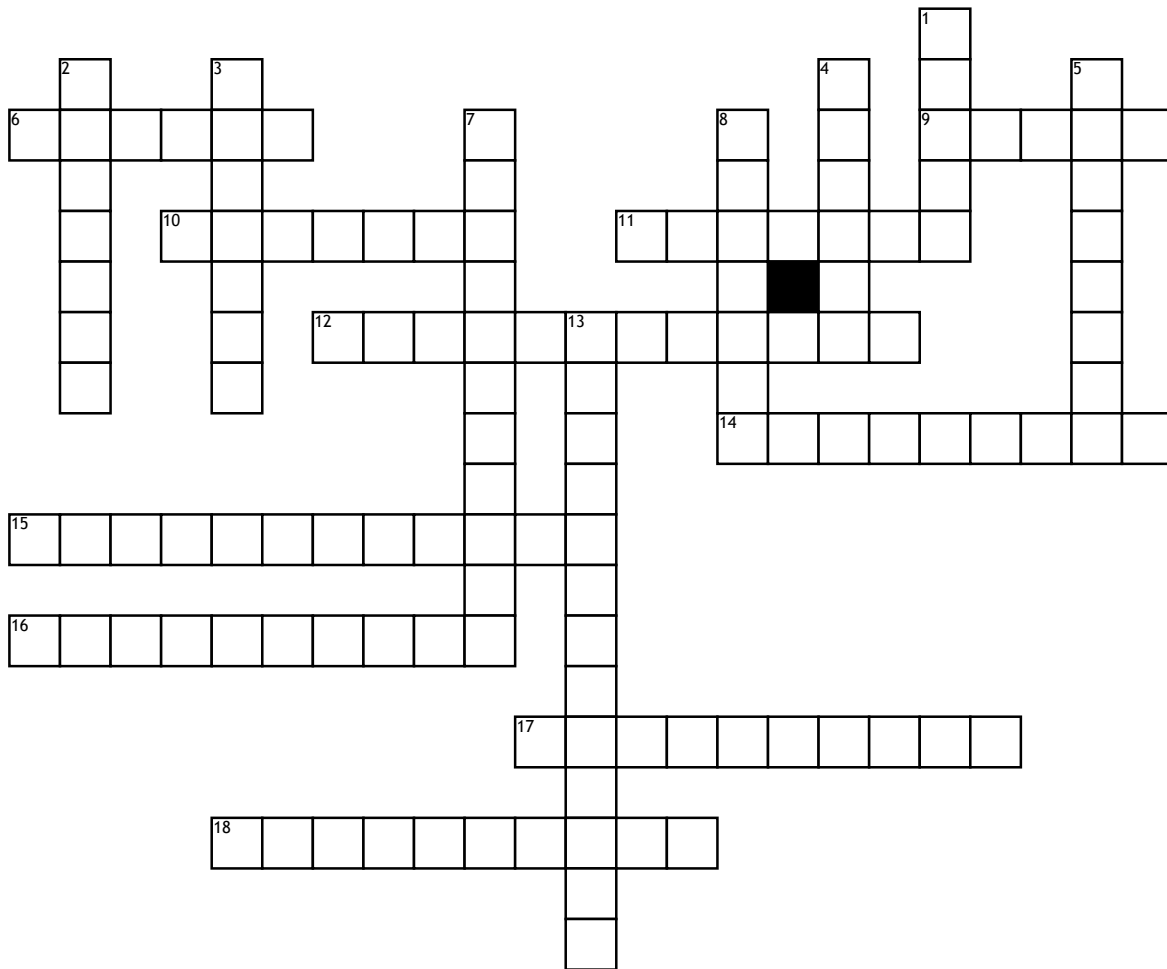


# Herniated Lumbar Disk



**Across**

- 6. Disc herniation is a change in the \_\_\_\_\_ disk.
- 9. Initial treatment of disc herniation should involve \_\_\_\_\_.
- 10. A herniated disc is a fragment of the disc nucleus that is pushed out of the \_\_\_\_\_.
- 11. Symptoms of a herniated disk are worse in the \_\_\_\_\_.
- 12. Disk herniation can be normal, prolapsed, extruded, or \_\_\_\_\_.
- 14. A sign of disc herniation is a \_\_\_\_\_ muscle strength and tendon reflexes.

- 15. This is caused by an abnormal stress and \_\_\_\_\_ due to use
  - 16. If herniated disk is extruded, pain \_\_\_\_\_ is key.
  - 17. A major sign of disc herniation is centrally located pain radiating unilaterally in \_\_\_\_\_ pattern.
  - 18. Manual traction and extension exercises to reduce \_\_\_\_\_ of disk.
- Down**
- 1. Our intervertebral discs wear and tear as we grow, a natural part of \_\_\_\_\_.
  - 2. \_\_\_\_\_ may be required with signs of nerve damage from herniation.

- 3. With a herniated disk a straight-leg raise to 30 degrees is \_\_\_\_\_.
- 4. Flexion exercise for disc herniation and laying \_\_\_\_\_ in flexed position may help with comfort.
- 5. Disk herniation pain can \_\_\_\_\_ after athlete sits and then tries to resume activity.
- 7. Herniation surgery is used to eliminate pain and \_\_\_\_\_.
- 8. \_\_\_\_\_ bending and sitting will increase pain with herniation.
- 13. As the spine returns to normal from herniation, ease into \_\_\_\_\_ exercises.