

Literature Research on the Effects of Warm Needling as a Major Treatment on Protrusion of Lumbar Intervertebral Disc

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ABSTRACT

Protrusion of lumbar intervertebral disc is usually a hot topic that is discussed and researched by medical professionals and researchers. Protrusion of lumbar intervertebral disc is a medical condition affecting the lumbar spine in which a tear in the outer, fibrous ring or annulus fibrosus of an intervertebral disc allows the soft, central portion which is called nucleus pulposus to bulge out beyond the damaged outer rings. Protrusion of lumbar intervertebral disc may lead to a series of symptoms such as lower back pain, lumbar disc, sciatic radiating pain, numbness, sensory loss or pain allergies, muscle atrophy, suffering from leg thinning, intermittent claudication, cauda equina symptoms, difficulties in walking, severe bowel and bladder dysfunction, lower limb paralysis, long-term protrusion of lumbar intervertebral disc affects patient's quality of life, work and ability to work. On the other hand, it may also cause psychic trauma of the patients and affects their daily life. Recent years, researchers did the observations on different types of treatments in treating protrusion of lumbar disc in both non-surgical and surgical treatment either clinically or in literature. There are also many researches regarding the effectiveness of warm needling in treating protrusion of lumbar disc. Hence, summarization on the literature of warm needling as a major treatment in treating protrusion of lumbar intervertebral disc is important in proving its efficacy and works.