



Lumbar Degenerative Disc Disease (DDD)

What is it?

DDD is degeneration and arthritis of the discs of the lumbar spine. DDD can be caused by a number of factors, including abnormal mechanics, post-traumatic, and hereditary. DDD can cause stiffness and pain, but some people don't have any symptoms with DDD.



How is it treated?

- Manual therapy – Physical therapy, Chiropractic, Massage Therapy
- Home traction device – inversion table
- Aerobic exercise – stationary bike, Aquafit, walking, elliptical, swimming, etc.
- Strength training of low back, hips, and core
- Medicine – NSAIDs (ie: Ibuprofen, Naprosyn) & Muscle relaxants
- Acupuncture
- Yoga
- Injections – Trigger Point injections, Cortisone facet injections, Prolotherapy injections
- Medial Branch Blocks and Radiofrequency Ablation (aka Rhizotomy)
- Surgery – often not required