

# Lumbar Disc Pathology

## Presentation

Radicular pain in nerve root distribution  
 Leg pain worse than back pain  
 May have paraesthesia  
 Shooting pain in leg  
 Straight leg raise testing reproduces symptoms in leg  
 Local changes to dermatomes/myotomes or reflexes  
 Leg symptoms worse with flexion postures/prolonged sitting  
 Younger—middle age range

## STarT Back Screening Tool

<https://www.keele.ac.uk/sbst/startbacktool/>

