30

Lumbar Radicular Pain

I. Know the structure of the lumbar vertebral canal and intervertebral foramina (Bogduk 1997, Chapter 5).

II. Know the disposition of the lumbar and sacral nerve roots in the cauda equina and their dural, skeletal, and articular relations (Bogduk 1997, Chapter 10).

III. Know the disposition of the lumbar and sacral nerve roots in the intervertebral foramina and their dural, skeletal, and articular relations (Bogduk 1997, Chapter 10).

IV. Understand, and be able to explain, how radicular pain and radiculopathy differ from low back pain and somatic referred pain (Merskey and Bogduk 1994).

V. Understand the difference between radicular pain and radiculopathy and understand their respective, different mechanisms (Smyth and Wright 1959; Howe et al. 1977; Howe 1979; Devor 1996; Kawakami et al. 1996a,b; Olmarker 1996; Bogduk 1997).

VI. Be able to list systematically the possible causes of radicular pain and of radiculopathy, and be aware of their relative prevalences (Bogduk and Govind 1999, Chapter 3).


IX. Understand the lack of validity of electrodiagnostic tests for the investigation of lumbar radicular pain (Knutsson 1961; Haldeman et al. 1988; Andersson et al. 1996; Dvorak 1996).


XI. Appreciate the lack of any proven or demonstrated physiological basis for commonly used interventions for lumbar radicular pain (Bogduk and Mercer 1995).

XII. Be aware of the cardinal evidence for the efficacy, or lack thereof, of interventions commonly used for acute low back pain and for chronic low back pain (Matthews and Hickling 1975; Larsson et al. 1980; Coxhead et al. 1981; Fraser 1984; Kepes and Duncalf 1985; Bogduk and Govind 1999, Chapters 9, 11, 12; Pal et al. 1986; Haimovic and Beresford 1986; Gogan and Fraser 1992; Bogduk 1995; Bogduk et al. 1995; Koes et al. 1995; Watts and Silagy 1995; McQuay and Moore 1996; Saal 1996; Carette et al. 1997; Vroomen et al. 1999; Riew et al. 2000; Karppinen et al. 2001a,b; Vad et al. 2002), such as:

A. Bed rest
B. Staying active
C. Drugs
D. Exercises
E. Manual therapy
F. Traction
G. Epidural steroid injections
H. Transforaminal injections of steroids
I. Chemonucleolysis

XIII. Understand the indications and efficacy of surgical treatment for lumbar radicular pain (Gibson et al. 1999; Waddell et al. 2000).

REFERENCES


