

Conservative management

Conservative management refers to a non-surgical approach used to treat various medical conditions. It typically involves methods such as medication, physical therapy, lifestyle changes, and monitoring symptoms rather than immediately opting for invasive procedures like surgery. This approach is often employed in cases where the condition may resolve independently, or surgery carries more risks than benefits.

In the context of neurosurgery, for example, conservative management might include:

- **Physical therapy** for conditions like herniated discs or back pain
- **Medications** such as pain relievers or anti-inflammatory drugs for managing symptoms
- **Rest and activity modification** to reduce strain on the affected area
- **Epidural steroid injections** to reduce inflammation in certain cases
- **Monitoring** for changes in symptoms to determine whether surgical intervention is eventually necessary

The goal of conservative management is to alleviate symptoms and improve quality of life while avoiding or postponing surgery when possible.

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