

Lumbar disc herniation definition

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Lumbar disc herniation, also known as a slipped or ruptured disc, is a condition in which the soft inner core (**nucleus pulposus**) of an **intervertebral disc** in the **lumbar spine** (lower back) protrudes through the outer fibrous ring (**annulus fibrosus**) and presses against the adjacent **spinal nerve root**. This can result in pain, numbness, tingling, or weakness in the lower back, legs, or feet, as well as other symptoms depending on the location and severity of the herniation.

In Polish literature more, than 20 terms to describe **lumbar disc herniation**. All of these terms in the meaning of the authors are used to determine one pathology-mechanical damage to the **intervertebral disc** and moving the disc material beyond the anatomical area ¹⁾.

¹⁾
Radło P, Smetkowski A, Tesiorowski M. [Polish nomenclature of lumbar disc disease]. Przegl Lek. 2014;71(7):394-9. Review. Polish. PubMed PMID: 25338336.

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