

PHYSICAL THERAPY IN THE TREATMENT OF DISC HERNIATION: A LITERATURE REVIEW

Evelin Merely de Sousa¹, Keren Stephanie Falcão da Silva², Stephanie Francine de Souza³ and Estela Maris Monteiro Bortoletti⁴

ABSTRACT

Physiotherapy acts as a conservative treatment for patients who have herniated discs, considering that they have a decrease in quality of life as a result of the symptoms presented. Characterized as one of the most common degenerative spinal disorders, herniated discs are a displacement of the components of the intervertebral disc and the main cause of low back pain and sciatica, also presenting symptoms such as muscle weakness and numbness in the lower limbs. Physiotherapy treatment seeks to promote the reduction of pain, improved mobility and function, providing hernia resorption. A good diagnosis by the physiotherapist is essential for a correct and functional treatment, and a complete anamnesis and complementary exams are necessary. This study aimed to gather existing evidence on the physical therapeutic performance in the treatment of disc herniation, through a literature review. Analyses were carried out on articles published between 2004 and 2025. From the articles that fit the evaluation criteria of the research, the result was obtained that there are a variety of techniques available that can help in the treatment of herniated discs, including the Mckenzie Method, enabling good postural alignment, pilates using exercises that prioritize the alignment between body and mind, segmental stabilization (EG) and segmental stabilization associated with BFE (GEB) that have been shown to be effective in reducing pain of the pathology treated. It was concluded that there are several interventions that help in the physical therapy treatment for herniated discs, these applied correctly, followed by an early diagnosis of the pathology, present satisfactory results, promoting the reduction of pain and improvement of the patient's quality of life.

Keywords: Disk displacement. Physiotherapy. Herniated disc. Treatment.

¹ Faculty of Higher Education of the Interior of São Paulo – FAIP of the Cultural and Educational Society of the Interior of São Paulo, Marília-SP

² Faculty of Higher Education of the Interior of São Paulo – FAIP of the Cultural and Educational Society of the Interior of São Paulo, Marília-SP

³ Faculty of Higher Education of the Interior of São Paulo – FAIP of the Cultural and Educational Society of the Interior of São Paulo, Marília-SP

⁴ Faculty of Medicine of Marília – Famema, Marília -SP