

Rehabilitation of Patients undergoing First-Time Lumbar Discectomy: A Survey of Current UK Practice.

Hanan Alsaif

The university of Manchester, UK

Abstract

Statement of the Problem: Over 3,000 patients in the UK had a lumbar discectomy in 2018. Up to 30-70% of patients who undergo lumbar discectomy for the first time (FTLD), however, experience further back pain following surgery. Rehabilitation is suggested to improve outcomes following surgery. The type, timing and extent of provision of rehabilitation for FTLD patients in the UK are currently unknown. The latest national survey about it was conducted 13 years ago. Therefore, a recent investigation of current physiotherapy practises within the UK is required. The purpose of this study is to determine the provision and type of rehabilitation for patients undergoing FTLD in different surgical centres across the UK. **Methodology:** An online survey targeted physiotherapist treating FTLD patients in neurosurgery centres in the UK. The survey questions were developed based on previous research studies in FTLD. **Findings:** All participating neurosurgery centres provided a physiotherapy service for patients undergoing FTLD surgery, with the majority commencing services postoperatively. Preoperative rehabilitation was undertaken in a third of the centres. Physiotherapy intervention consistently included mobility and functional task training, exercise prescription and provision of an educational handout. However, there was considerable variability in the type of exercises prescribed, the advice given regarding postoperative movement and activity restrictions, and referral to inpatient and outpatient physiotherapy services. **Conclusion & Significance:** For many respondents to this survey, rehabilitation for FTLD patients was provided postoperatively. The reasons behind this and the postoperative outcome for the rehabilitation, including preoperative rehabilitation, need to be explored and incorporated into the design of future research evaluating FTLD rehabilitation.

2012 at Manchester Metropolitan University. She is working as a senior physiotherapist/supervisor at king Fahd military medical complex in Saudi Arabia. She has published a paper in the Physical Therapy Reviews journals.

Speaker Publications:

1. BEATTI, A., AL ZAHRANI, E., AL QAHTANI, T., AL SAIF, H. & KHAMIS, A. 2018. A double-blind placebo-controlled clinical investigation into pain reduction effect of placing the pain spot outside the intersection area of the two currents of interferential therapy compared to traditional method. Physical Therapy Reviews, 23, 99-107.

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Biography:

Hanan Alsaif is a current PhD candidate at the University of Manchester, completed her Master of science degree in