

Disc prolapse: evidence of reversal with repeated extension.

Spine (Phila Pa 1976). 2009 Feb 15;34(4)

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SUMMARY OF BACKGROUND DATA:

Previous research has established that repeated flexion can create disc prolapse, the question here is whether repeated extension can reverse the process.

CONCLUSION:

This study showed that with repeated flexion, in porcine cervical spines, disc prolapse was initiated and that the displaced portion of nucleus can be directed back towards the center of the disc in response to particular active and passive movements/positions.