Cassidy et al. Side Posture Manipulation for Lumbar Intervertebral Disk Herniation. Journal of Manipulative and Physiological Therapeutics Volume 16, Number 2, February, 1993

Objectives : The objective of this article is to review the status of side posture manipulation for lumbar intervertebral disk herniation.

Data Sources, Study Selection and Data Extraction: The data presented in this article are from our Back Pain Clinic at the Royal University Hospital and the articles cited are those which we feel are important in reviewing this subject.

Conclusions: The treatment of lumbar intervertebral disk herniation by side posture manipulation is both safe and effective. Further research is required to understand more fully the effects of this treatment on the intervertebral disk.

Points of Interest:

- Normal disks withstood an average of 22.6 degrees of rotation before failure, while the degenerated disks withstood an average of 14.3 degrees.
- When disk failure occurred, it presented as peripheral annular tears and not herniation or prolapse.
- Posterior facet joints of the intact lumbar motion segment allow only a small range of rotation at the lower levels.
- Therefore torsional failure of the lumbar disk first requires fracture of the posterior joints, which can then result in peripheral annular tears.
- Bottom line: The bony architecture of the lumbar spine prevents excess rotation that would have damaged the peripheral annular fibers. Therefore it remains unlikely that side posture spinal manipulation would damage a disk.