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Illinois Practice Edge, September 14, 2017

LUMBAR DISC LESION [LDL]

1. Which of the following is a mechanical risk factor related to the development of LDL?
   A. Active life style
   B. Tall stature
   C. Non-smoker
   D. Walker

2. What percent of adults will experience a LDL?
   A. 25-35
   B. 30-40
   C. 35-45
   D. 40-50

3. Which of the following describes a LDL involving 25-50% of the disc periphery?
   A. Focal
   B. Broad based
   C. Circumferential
   D. None of the above

4. What percent of disc herniations are symptomatic?
   A. 10-16
   B. 15-30
   C. 20-36
   D. 25-40

5. Which of the following positions produces the highest intradiscal pressure?
   A. Sitting
   B. Standing
   C. Side lying
   D. Supine

6. Which of the following exercises could be used by either extension or flexion biased LDL patients?
   A. Walking
   B. Cycling
   C. Cross trainer
   D. Swimming

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