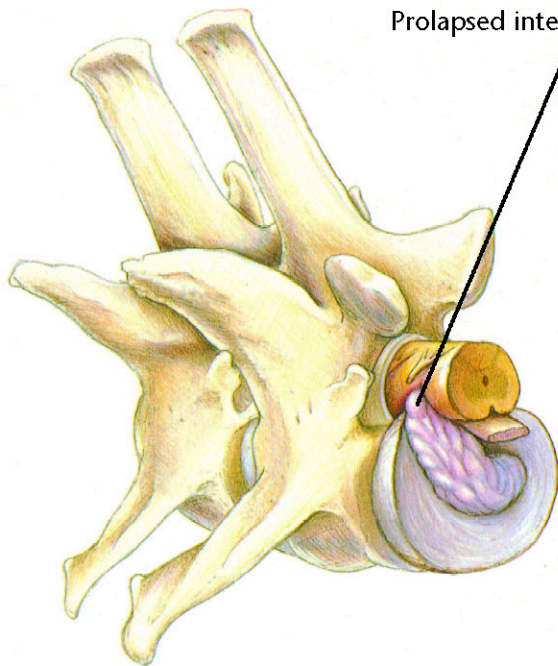


Prolapsed intervertebral disk



Intervertebral Disk Disease

Diagnostic Plan

History
Physical examination
Neurologic examination
X-ray of the spine

Therapeutic Plan

Enforced rest
Anti-inflammatory drugs
Analgesics
Muscle relaxants
Surgery
Physical therapy

Dietary Plan

Postsurgically, a diet adequate for tissue repair
If obesity is a complicating factor, restrict caloric intake so the patient reaches and maintains an ideal body weight

