

Up to 80 % of the population has low back pain during their lives. Possible causes include degenerative changes in the lumbar spine affecting adjacent vertebrae with end plates, intervertebral joints with articular capsule, fibrous apparatus and intervertebral discs. Due to biomechanical influences they are able to prolapse dorsally into the spinal canal and cause a compression of nervous structures. The compression of the nerve root doesn't manifest clinically only pain in the lower back but also by the radicular syndrome. The work deals with options in therapy of patients with disc herniation. It presents general principles of indicating strategies of conservative and neurosurgical treatment and different methods of both therapies.

The McKenzie methodical technique, including the diagnosis and treatment of syndromes due to prolapse disc from the conservative therapy is described in detail. The Chapter „Therapy Mckenzie" introduces the mechanical principle that underlies the patient examination and treatment acquaint with mechanical principle that is the basis of investigation and treatment of patient. Also included is a case study that shows the McKenzie method approach to the patient and what the procedure for resolving the patient's difficulties should be.

From the neurosurgical treatment the procedures that are possible or necessary to make according to the patient's condition are selected and briefly described. They are divided into performances in the disc, performances inside of the spinal canal and stabilization performances to lucidity. An important part of the surgical treatment is the postoperative rehabilitation of the patient that is subsequently described. At the end of the chapter, information on Failed back surgery syndrome, which is another impediment to the patient's life without back pain, is mentioned

The success of conservative and surgical treatments is constantly compared. Therefore, at the end of the work, the results of two studies that dealt with a comparison of therapies for patients with intervertebral disc prolapse are mentioned.