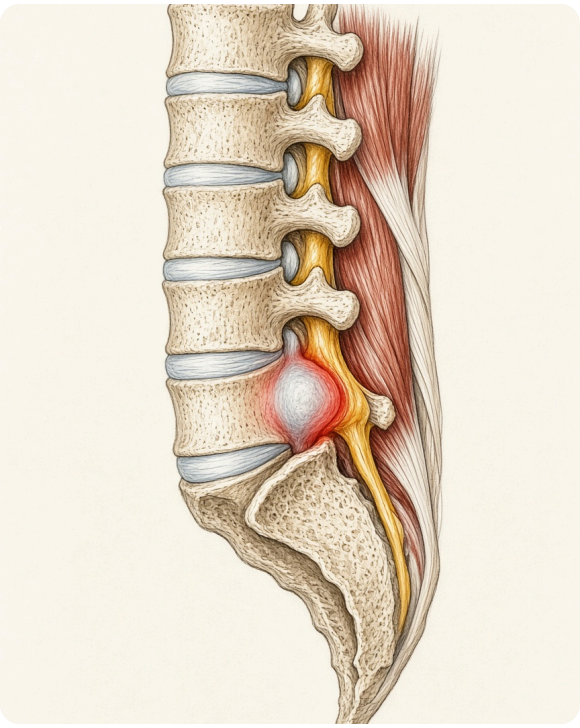
ARMIN PHYSIO



PATIENT GUIDE

Herniated Disc

Low back pain that shoots down your leg? It could be a **herniated disc.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What is a herniated disc?

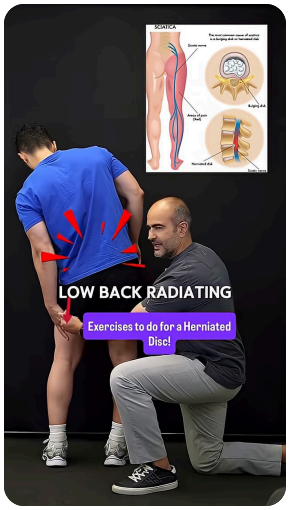
A herniated disc happens when the soft inner part of a spinal disc pushes through or irritates the tougher outer layer. If it irritates a nearby nerve, symptoms can travel from your low back into your buttock, leg and sometimes your foot. The good news: a herniated disc does **not** automatically mean surgery. Many people improve with the right activity and a progressive rehab program.

QUICK CHECK

Does this sound like you?

- ☐ **Low back pain radiating** down your leg
- ☐ **Numbness or tingling** into the leg or foot
- ☐ **Weakness** in the leg, or trouble lifting your foot or toes
- ☐ Pain worse with **prolonged sitting, bending, coughing or sneezing**
- ☐ A **lateral shift** in your hips or low back when you walk

If you ticked a few boxes, a disc could be part of the problem. Try the 3 exercises on the next pages and watch where your symptoms go.



Low back pain radiating down the leg



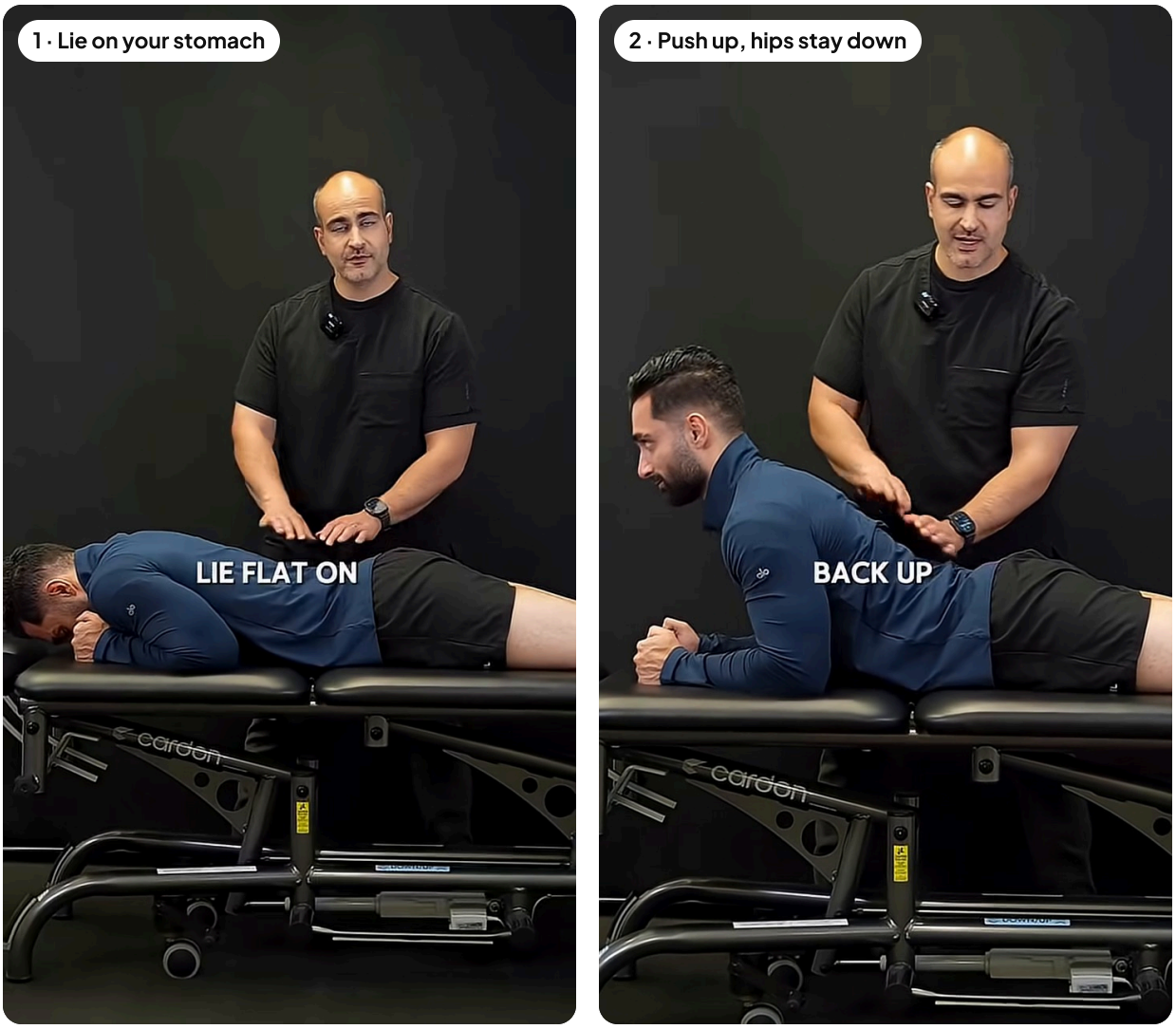
A lateral shift when you walk

YOUR 3 EXERCISES

Try these exercises

1 Prone press-up

Gently extends the low back



1. **Lie flat on your stomach** like so, **hands underneath your chest**.
2. **Push up with your hands**, coming back up and **extending the low back**.
3. **Go back down** and repeat.

3 sets of 10–15 reps, hold **3–5 s** where appropriate

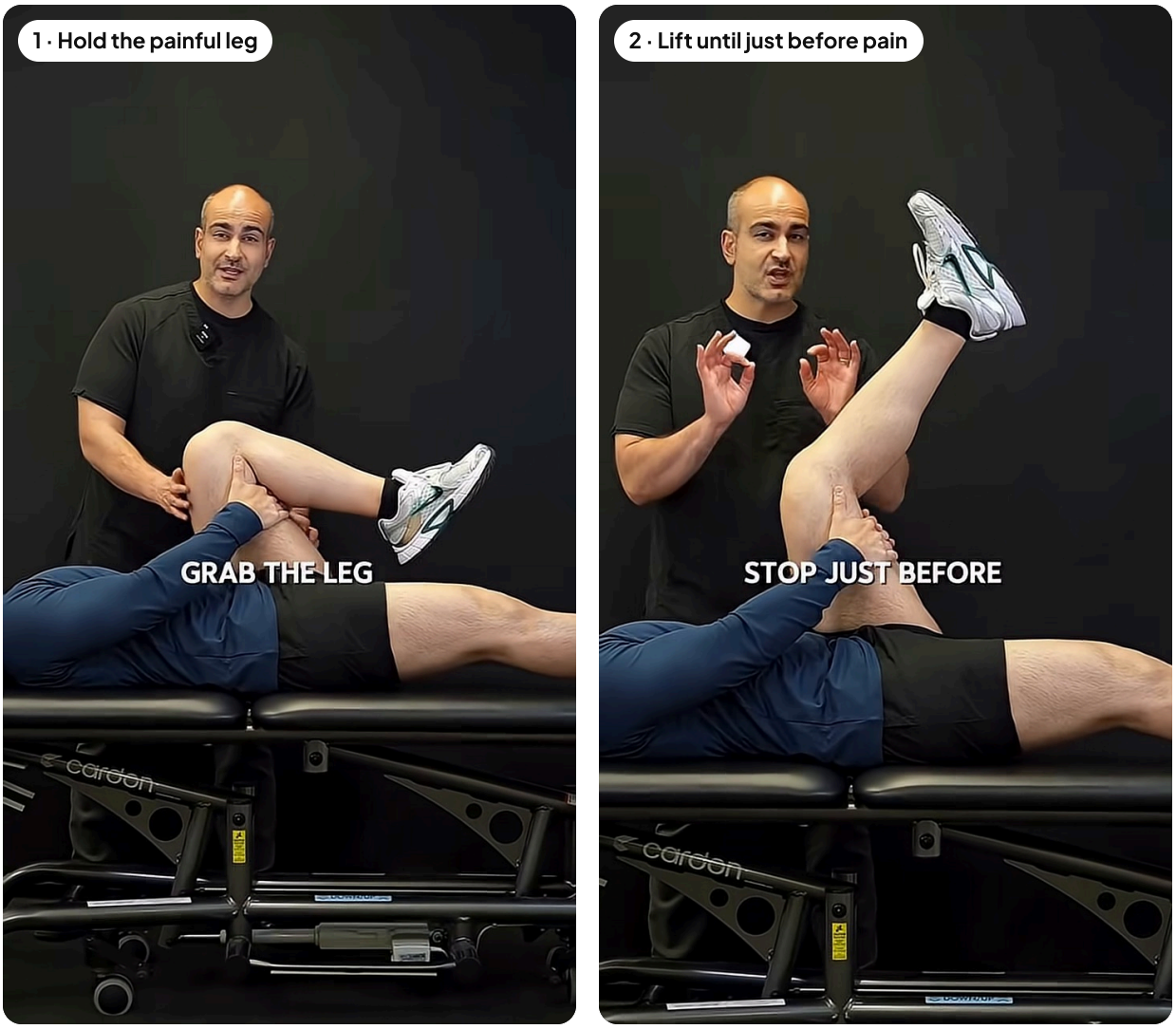
From Armin's video description

Watch where your symptoms go (from Armin's description): leg pain moving back toward your buttock or low back (**centralization**) can be a good sign. If it travels farther down your leg, modify or stop.

Stop if pain, numbness or tingling travels **farther down your leg**, or pain goes above about 4/10 or keeps building.

2 Assisted leg raise

Gently moves the irritated nerve without forcing it



1. **Lie flat on your back** like so.
2. **Grab the leg that you're getting the radiating pain in** and hold the leg like so.
3. **Bring the leg up.** Stop just before you feel the pain.
4. **Go back down** and repeat.

3 sets of 10–15 reps, slow and controlled

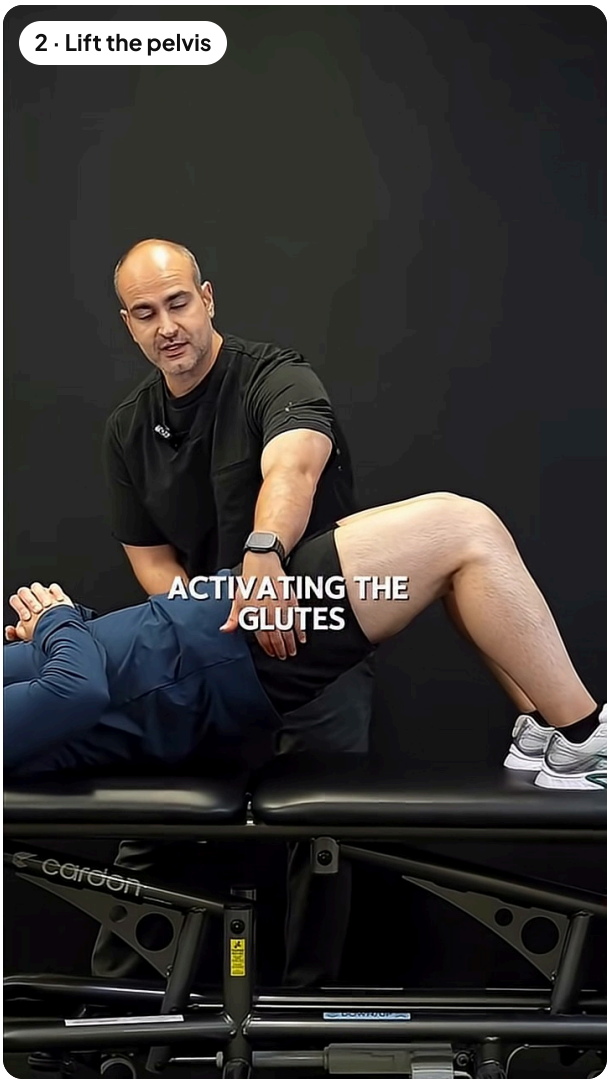
From Armin's video description

Stop if pain, numbness or tingling travels **farther down your leg**, or pain goes above about 4/10 or keeps building.

3 Core bridge

Activates your core, glutes and low back muscles





1. **Lie flat on your back** with your knees bent.
2. **Activate those core muscles.** Imagine like someone's going to punch you in the stomach, just tightening things up.
3. **Press through your heels** and **lift your pelvis up** as much as you can tolerate, activating the glutes and the low back.
4. **Go back down slowly** and repeat.

3 sets of 10–15 reps, hold **3–5 s** where appropriate

From Armin's video description

Stop if pain, numbness or tingling travels **farther down your leg**, or pain goes above about 4/10 or keeps building.

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01
Extend
Prone press-up, 3 × 10–15

02
Glide
Assisted leg raise, 3 × 10–15

03
Strengthen
Core bridge, 3 × 10–15, 3–5 s holds

Sets, reps and holds are from Armin's video description; doing it once a day is a suggestion. Work within a comfortable range and gradually challenge yourself as symptoms and strength improve. Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Pain, numbness or tingling travelling **farther down your leg**
- Sharp pain, or pain above about 4/10 that keeps building
- Pain that lingers or is worse the next day

Pain moving **out of your leg toward your back** is generally a good sign. Pain moving **farther down the leg** means modify the exercise or get guidance.

SAFETY FIRST

Get checked right away if you have

- **Numbness in the groin or saddle area**, or new **bladder or bowel** changes (trouble peeing, or losing control)
- Leg **weakness that is getting worse quickly**, foot drop, or symptoms in **both legs**
- Back pain after a **fall, accident or heavy impact**
- Back pain with **fever**, feeling unwell, or **unexplained weight loss**
- **Constant pain at night** that doesn't ease with rest or changing position
- A history of **cancer**, osteoporosis or long-term steroid use with new back pain

For numbness in the groin or saddle area, new bladder or bowel changes, or quickly worsening leg weakness, **go to the nearest emergency department right away**. For the others, see a doctor promptly. If your back isn't improving after a few weeks, **book an assessment**.

FREE · STAY IN THE LOOP

Join Physio Updates

My Instagram broadcast channel. Follow **@arminphysio** and tap the channel on my profile to join. More free exercise videos on YouTube **@ArminPhysio**.

Scan for @arminphysio

NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

Scan to book

Book →

EMAIL
info@arminphysio.com

WEBSITE
arminphysio.com

INSTAGRAM
@arminphysio

TIKTOK
@armin.phys1o

YOUTUBE
@ArminPhysio

ALSO FROM ARMIN

ZIPDRIP

MOVEWELL med

EASY ALLIED HEALTH
A WELL Health Company

Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

ARMIN PHYSIO