

## EXERCISE CONCEPT FOR DISCOGENETIC DISORDER

Low back pain can be caused by lumbar sprain, spinal stenosis, disc herniation, and different degenerative spinal disorders. Core strengthening (strengthening of the abdominal and low back muscles) is often helpful in relieving pain from degenerative disc disease.

When the muscles around the disc become stronger, they may shield the disc from loads and may reduce pain. A wide range of HUR exercise can be offered for the discogenetic disorder and the concept is created by physiotherapist working in Medirex rehabilitation center in Finland.

Go to [www.hur.fi/products/en/products-services](http://www.hur.fi/products/en/products-services) for product information, or contact [sales@hur.fi](mailto:sales@hur.fi) for more detailed information about the concept.

