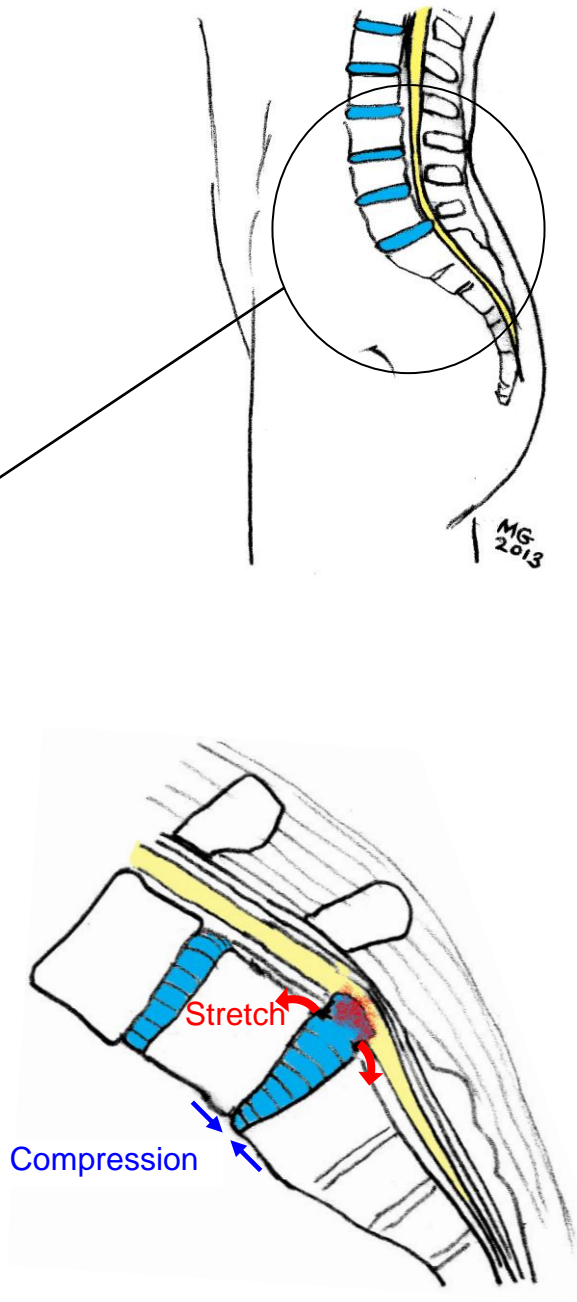
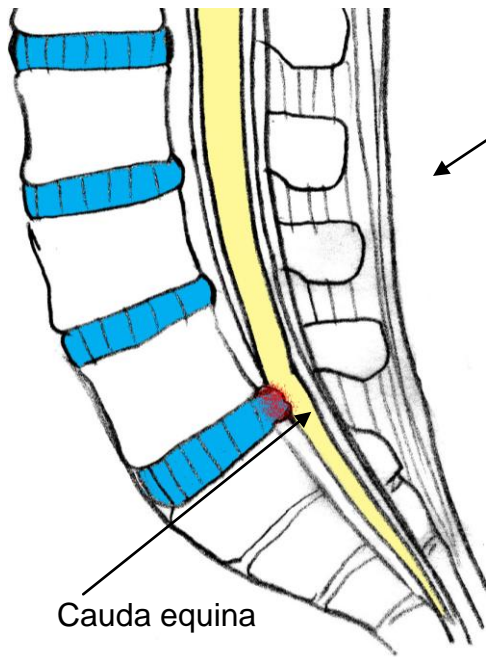


Lumbar spine illustration

Lumbar spine in neutral with disc bulge shown at L5/S1 level



Lumbar spine in flexion showing the effect on the L5 disc. Compression at the front of the disc causes internal rearward pressure. Stretch at the back of the disc weakens the structure. Both of the elements combined increase the risk of prolapse and cauda equina compression.