

## Radiculopathy Workbook

This workbook has been designed to be used in conjunction with the course reading booklet. You are free to complete as few or as many of the tasks as you wish. The workbook can then be added to your CPD portfolio as evidence of your activity. It also provides room for you to reflect your thoughts in relation to this course and your learning experience.

### Self-assessment

1.	Briefly describe the structure of the IV disc. Draw a diagram to illustrate your answer.
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2.	How does the structure of the annulus fibrosis contribute to disc strength?
3.	Discuss the vascular supply to the IV disc.
4.	What makes up the extra cellular matrix of the disc, and how may this change over time?

5.	What is the role of oxygen and nutrient supply in disc degeneration?
6.	How does exercise / activity appear to impact on IV disc degeneration?

7.	What role do genetic factors contribute to degeneration in the IV disc?
8.	Discuss the consequences of IV disc herniation, and the clinical signs and symptoms which may manifest as a result.

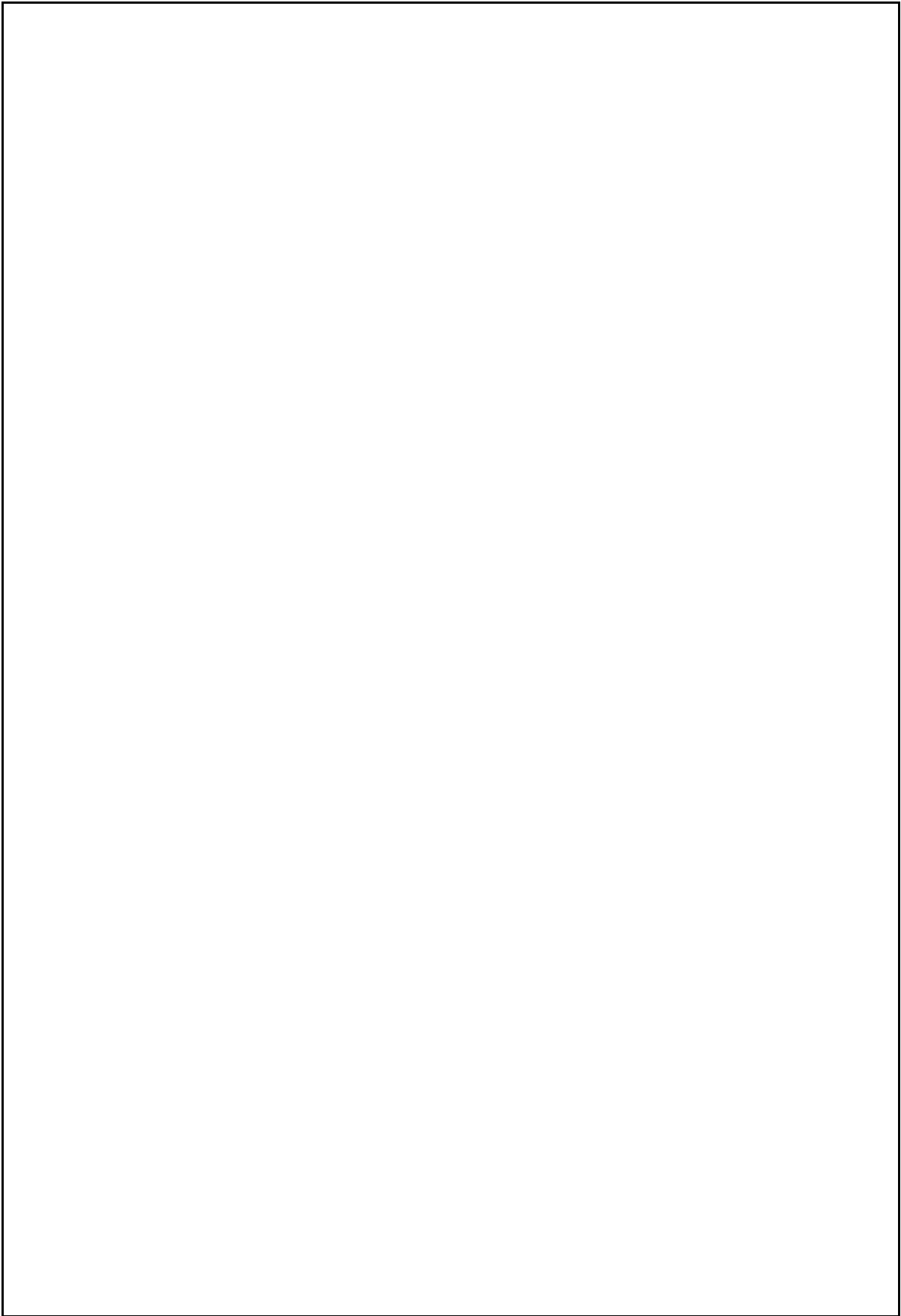
9.	Where do the greatest majority of disc herniations occur, and why is this the case?
10.	How may cell-based therapies improve the prognosis for patients with IV disc pathologies?

## Reflection.

Take some time to think about the learning that you have completed using this course. Was it useful; was it interesting; was it applicable to your practice ? Is there anything in particular you have gained from the course, and does it encourage you to alter your practice? Have you enjoyed it?

These are all questions you should ask yourself before you complete your reflective account below, as these are key points that you need to mention.

How much time have you spent completing this course ?
Did you complete the course on your own, or as part of a learning group ?
Your general reflective account:



Key Learning / Practice points (list up to 5) :

1

2

3

4

5



If you feel you have any further comments to make about your learning, please use the space below.