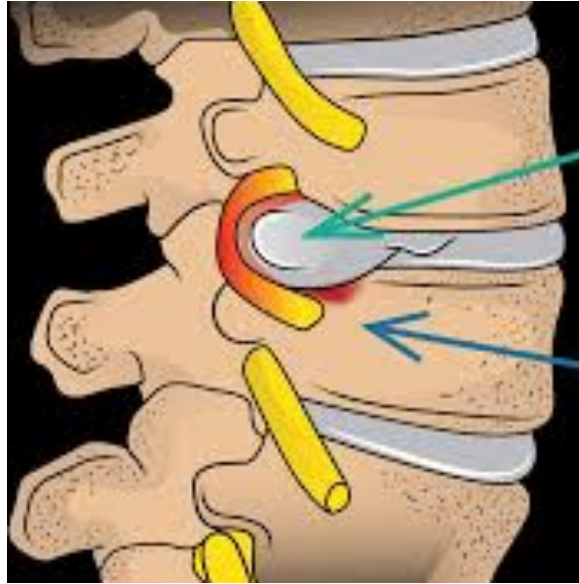


DISC HERNIATION

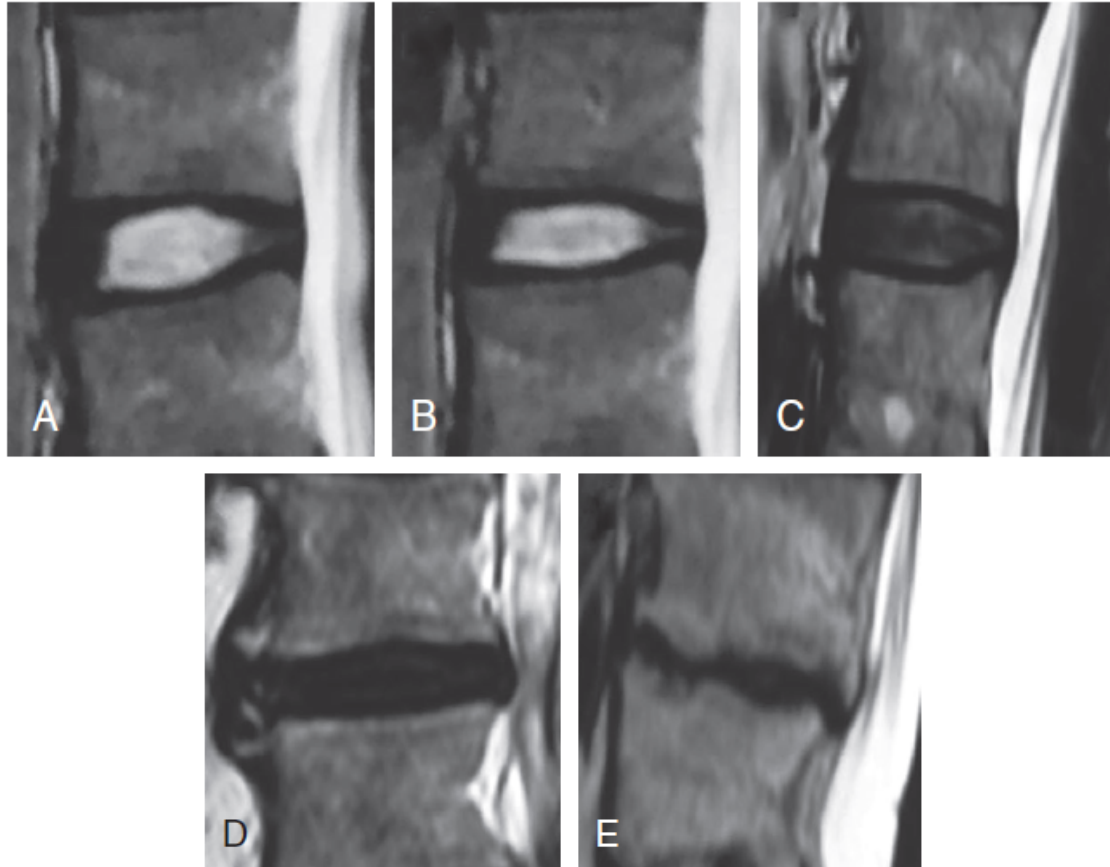


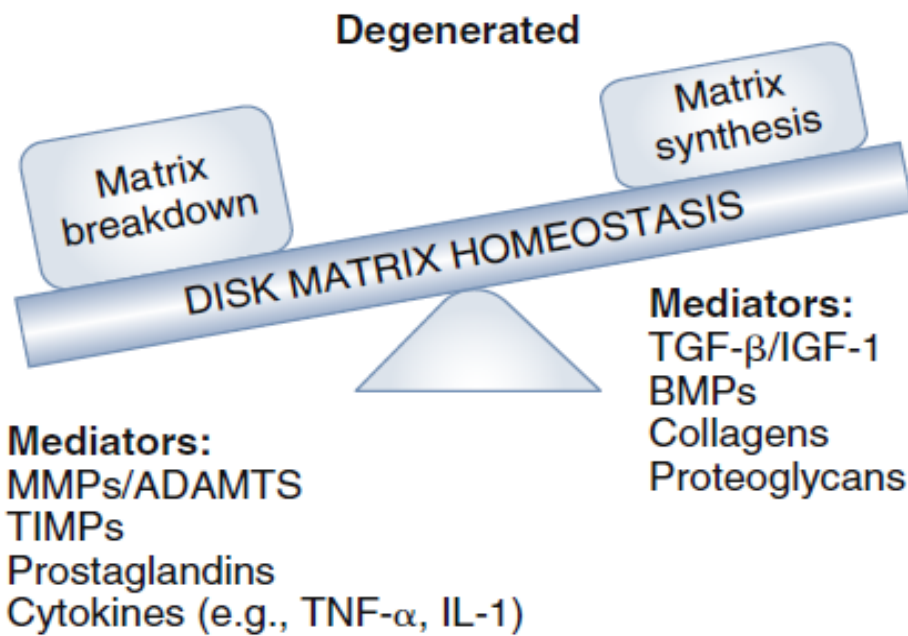
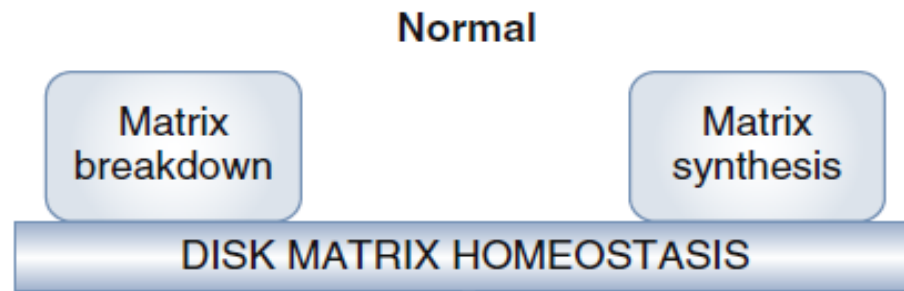
دکتر مرتضی فقیه
دانشیار جراحی اعصاب

**At any given moment, an estimated
12% of the global population
suffers from LBP.**

**The prevalence of LBP reaches
38% annually, and lifetime
prevalence has been reported to
be as high as 80%**

Pfirrmann grades





genetic history

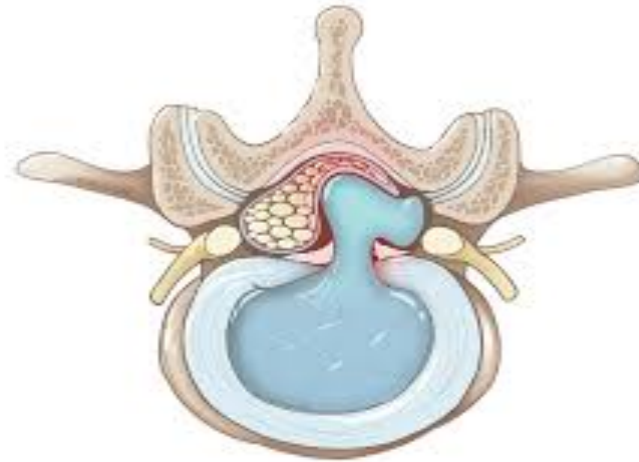
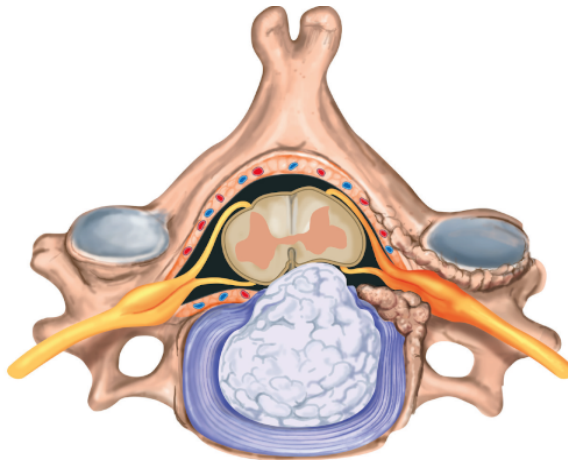
smoking

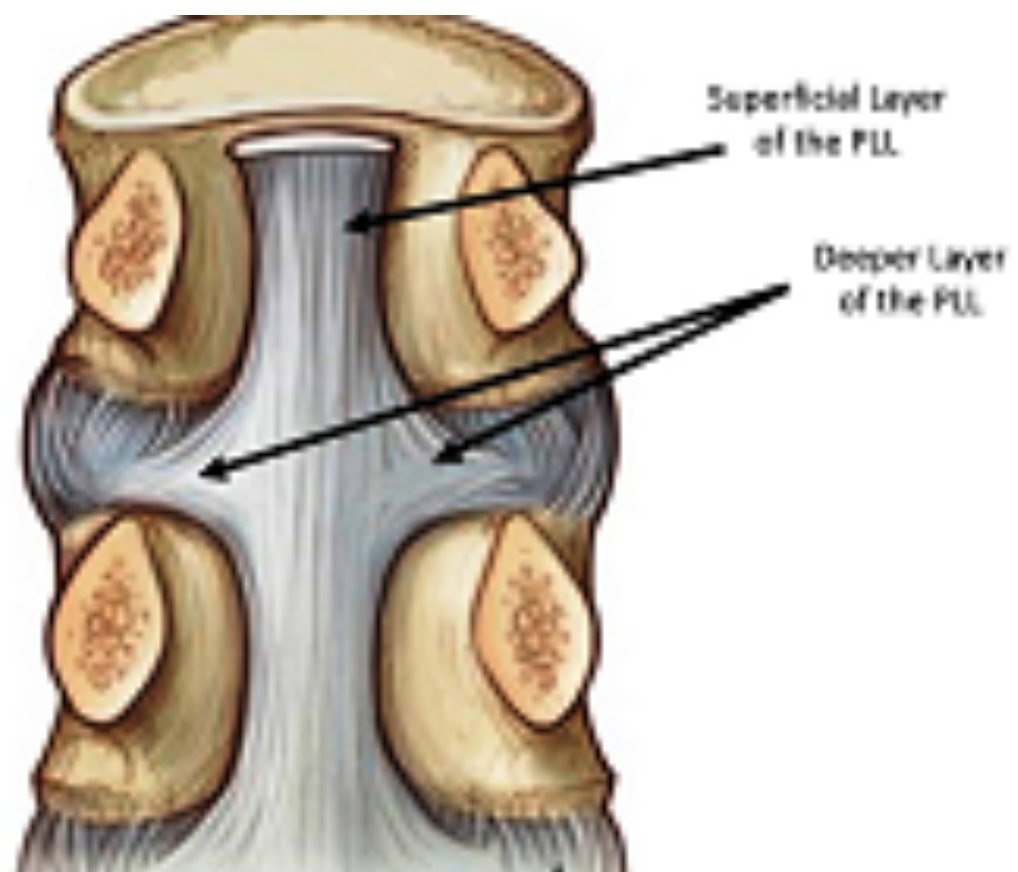
daily sitting time of more than 6 h

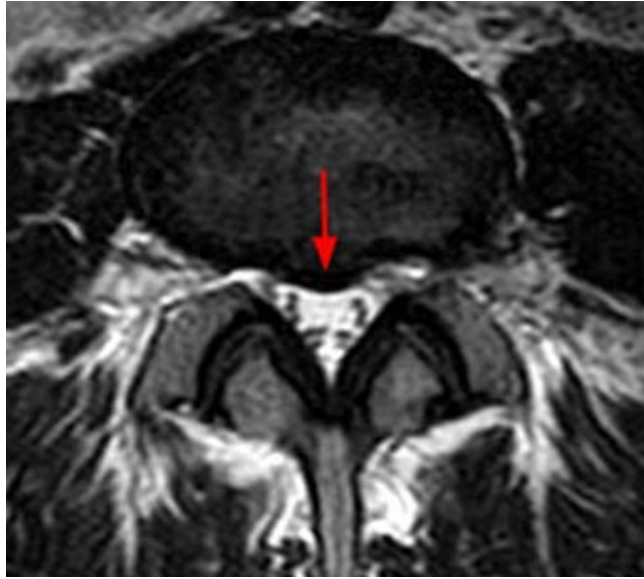
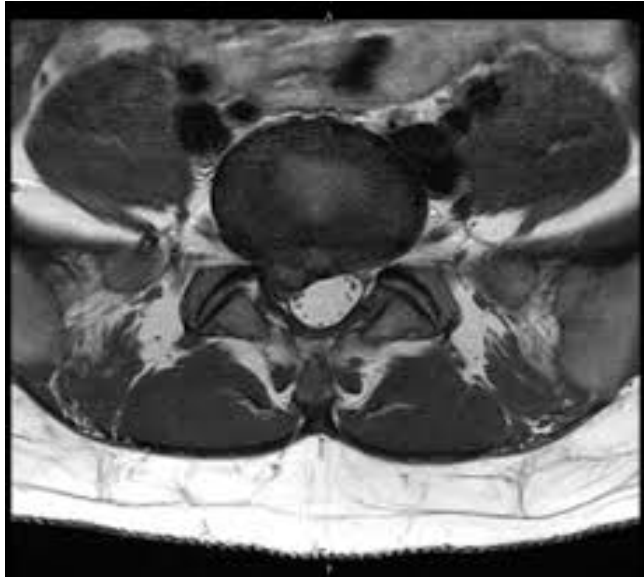
history of low back trauma

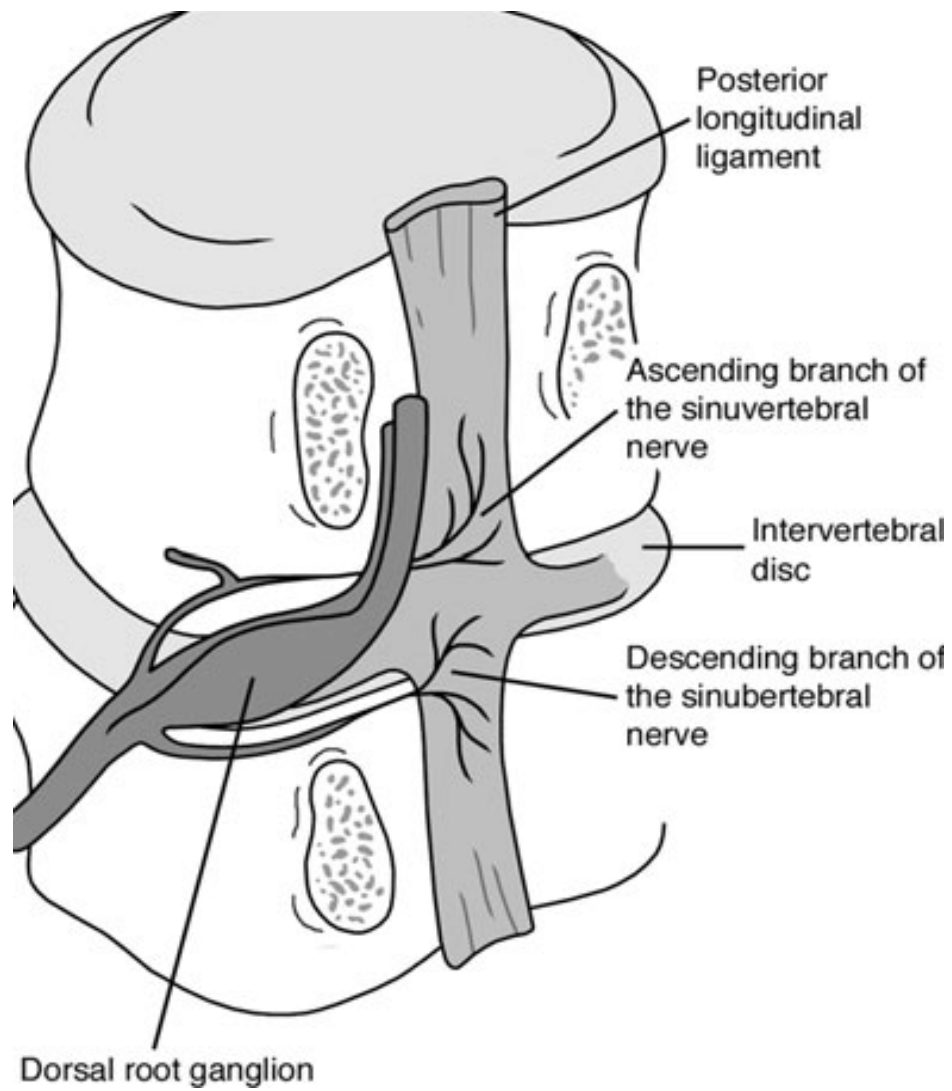
BMI of more than 30

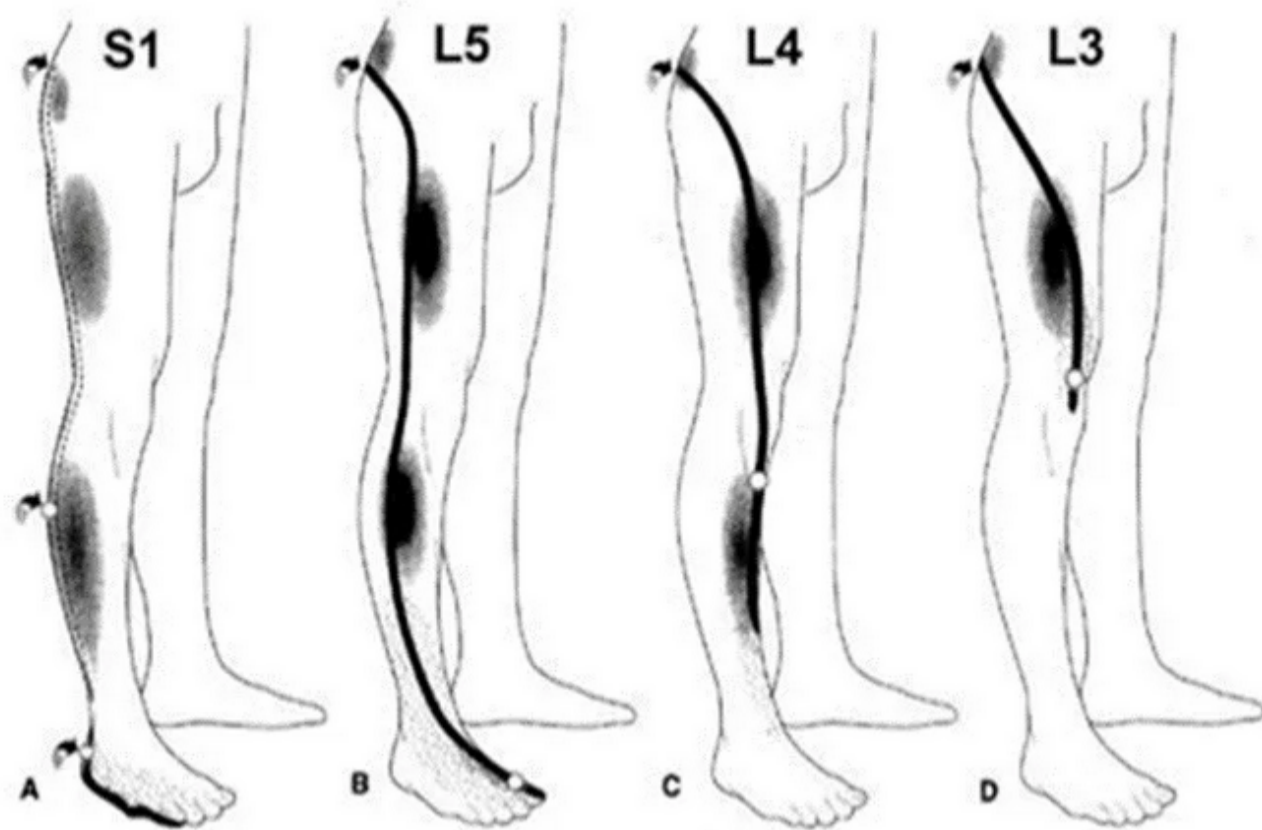
DISC HERNIATION

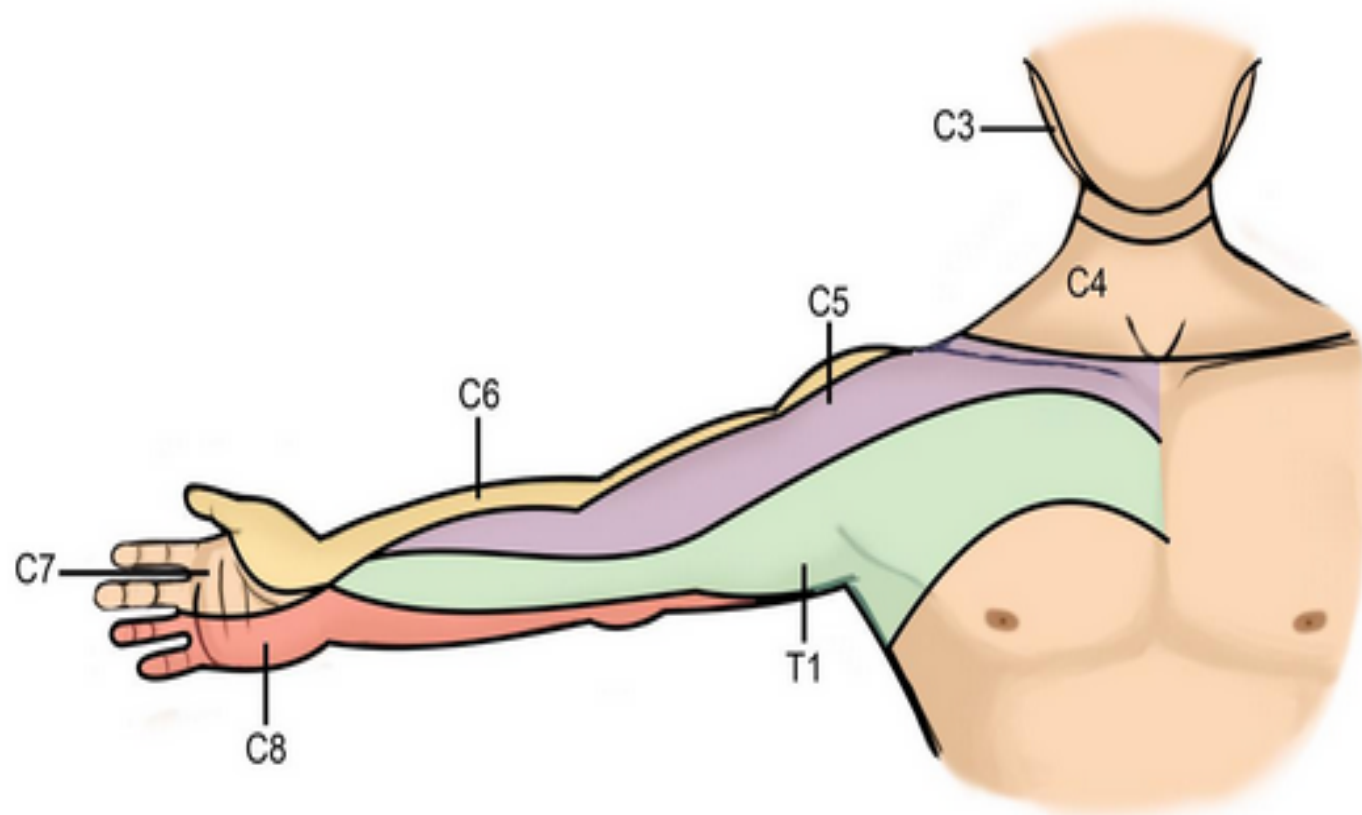




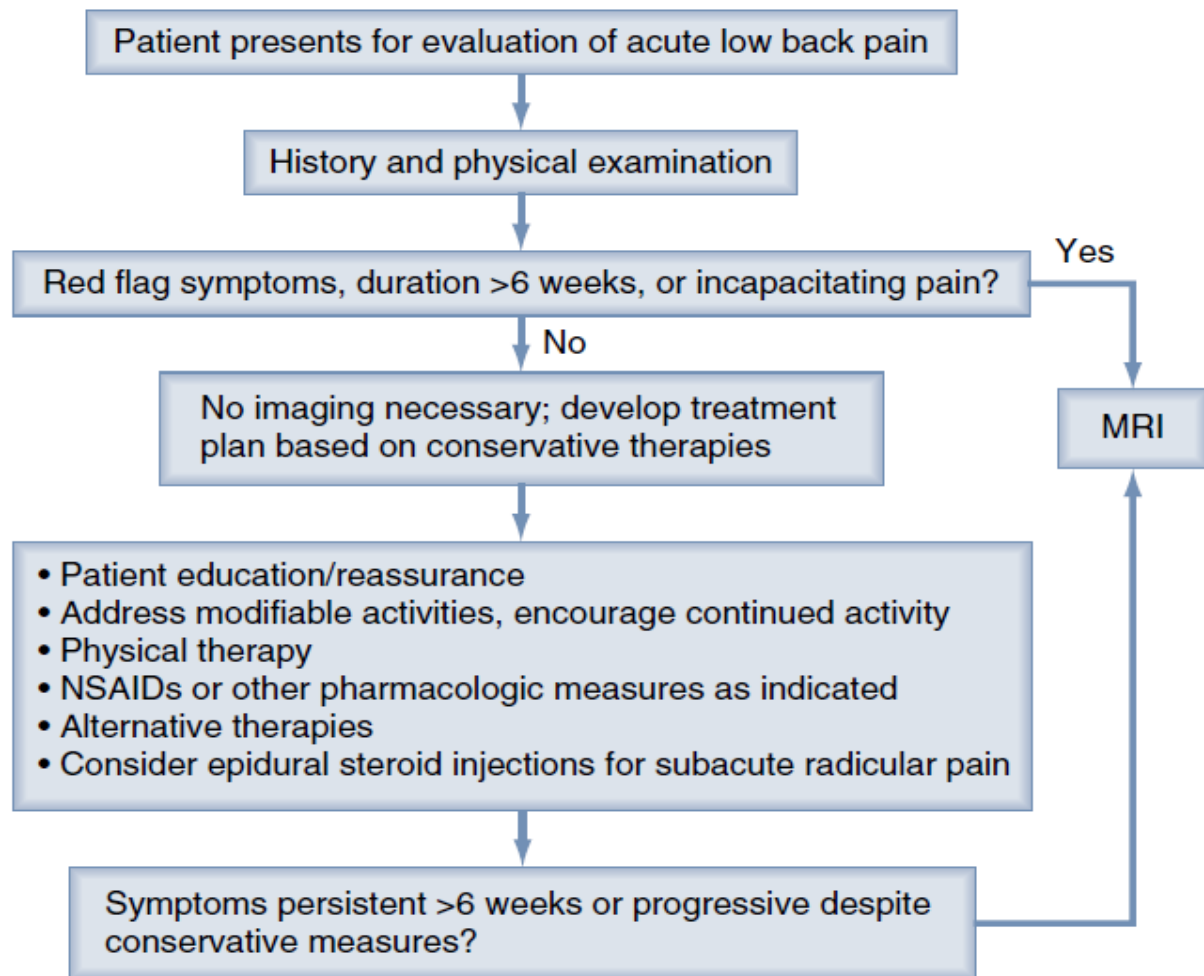


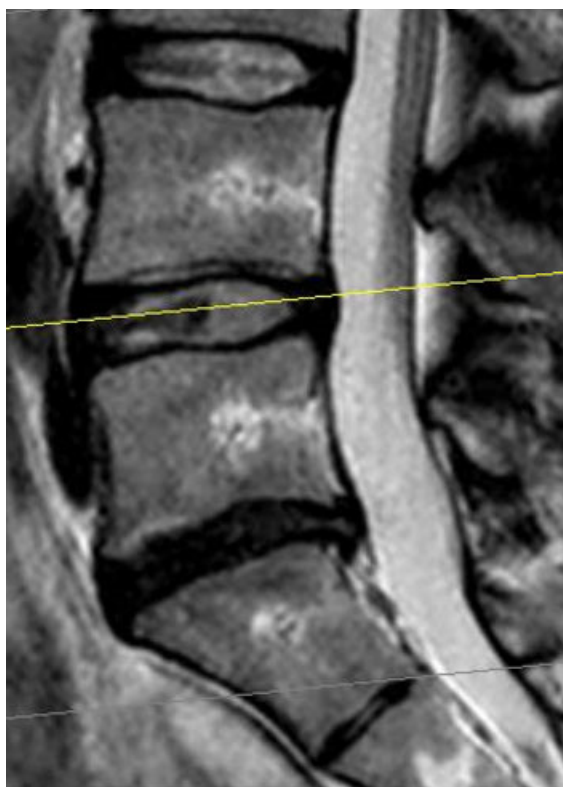


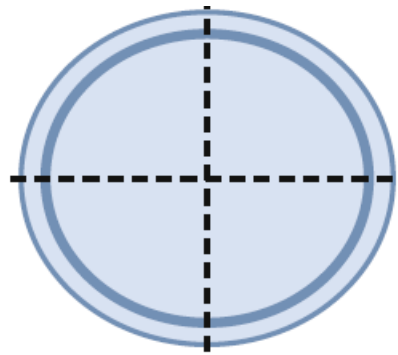




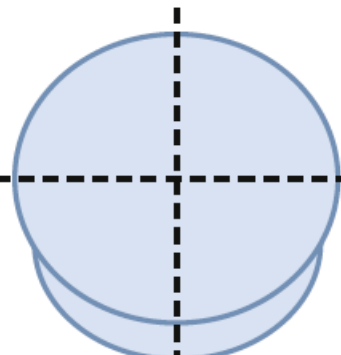
WHEN MRI ??



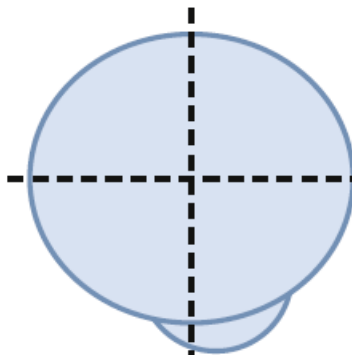




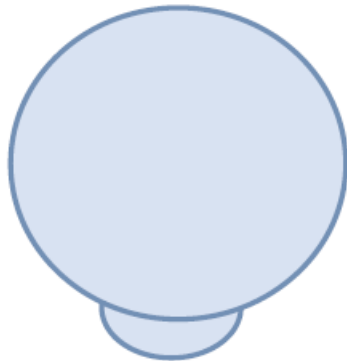
A "Symmetrical
bulging disk"



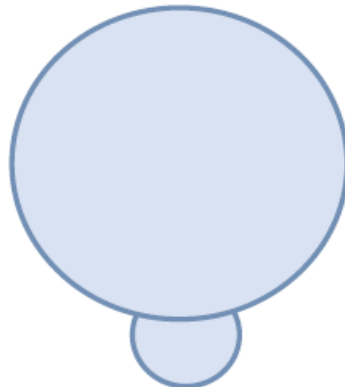
B Broad-based
herniation



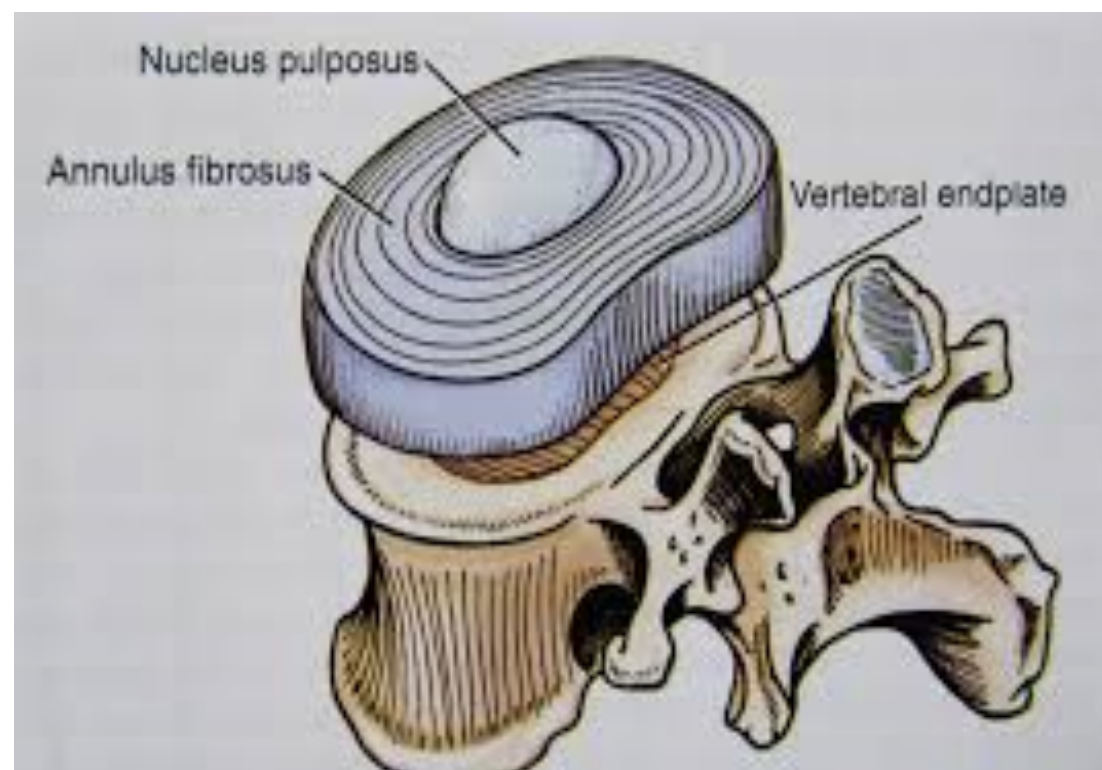
C Focal herniation

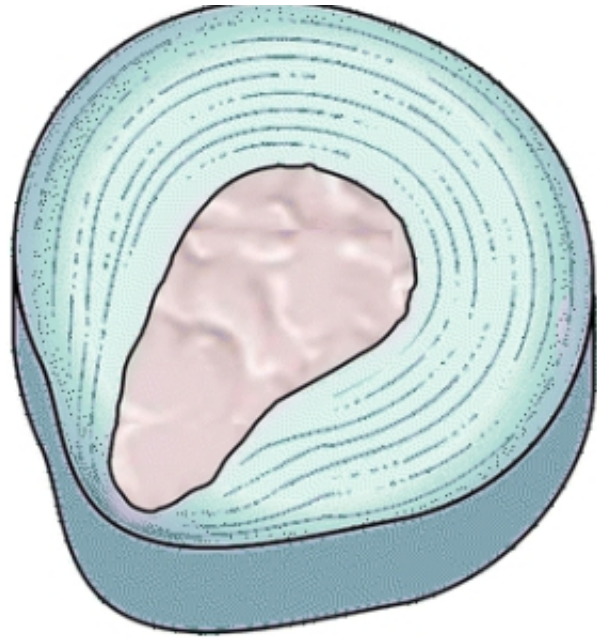


D Protrusion

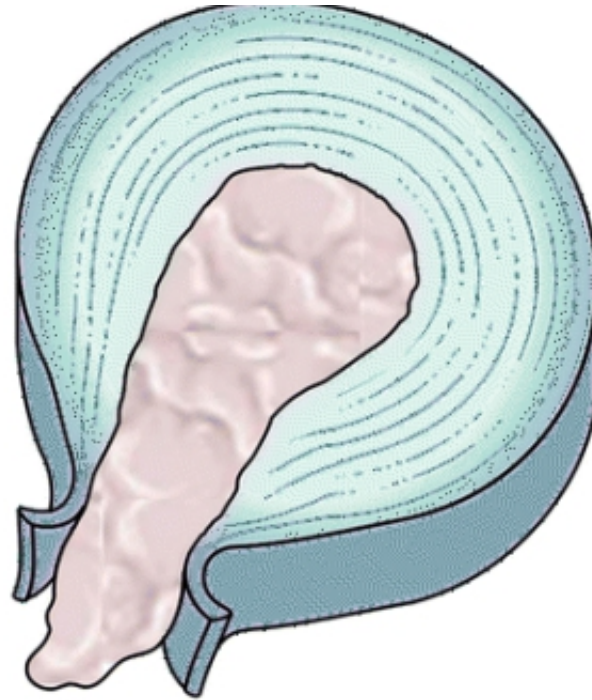


Extrusion

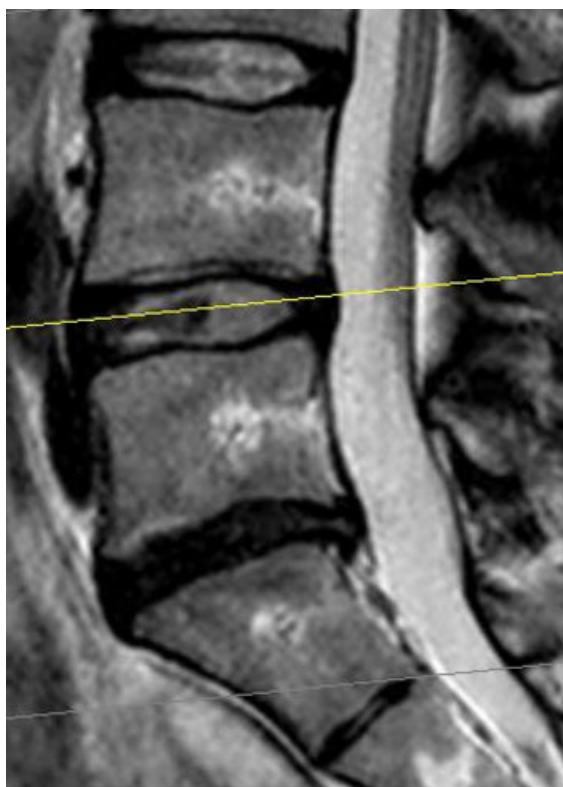




Protrusion



Extrusion





NEUROLOGICAL DEFICIT

FRACTURE

INFECTION / TRAUMA

Possible fracture

- * Major trauma
- * Minor trauma in elderly or osteoporotic patient

Possible tumour/infection

- * Age < 20 or > 50 years
- * History of cancer
- * Constitutional symptoms (fever, chills, weight loss)
- * Recent bacterial infection
- * IV drug use
- * Immunosuppression
- * Pain worse at night or when supine

Possible significant neurological deficit

- * Severe or progressive sensory alteration or weakness
- * Bladder or bowel dysfunction
- * On physical examination: evidence of neurological deficit (in legs or perineum in the case of low back pain)

TEATMENT

Conservative care

- NSAIDs
- Muscle relaxants
- Return to usual activity/mobilization
- Education

		NSAIDs	Gabapentin	TCA/SNRI	PT	Massage	Chiro	Acupuncture	Dry needle	Epidural	Root block	Facet	Neuromod	Surgery
Leg pain	Radiculopathy		X	X	X	X	X	X		X	X		X	X
	Claudication		X	X	X	X	X	X		X	X		X	X
Back pain	Soft tissue	X			X	X		X	X				X	
	Facet	X		X	X	X		X				X	X	
	Listhesis	X			X	X	X	X				X	X	X
	Deformity	X			X	X	X	X				X	X	X
Sacroiliac pain	Soft tissue	X			X	X		X	X				X	
	Sacroiliac joint	X			X	X	X	X					X	??

