

Degenerative Disk Disease review

Define:

Degenerative Disc Disease

Meniscoids

Pathological disc degeneration

Herniation

Posterolateral protrusion

Prolapse

Extrusion

Sequestration

Spondylosis

Slipped disk

Lumbago

Sciatica

Stenosis

What are intervertebral disks?

What are the 2 components of a disk? What are they?

Which part of the spine has the least amount of movement?

How does a disk maintain the separation of the 2 adjacent vertebrae?

Which parts of the spine are most affected by disc degeneration?

Which portion of the disc weakens first?

When does the nucleus of the lumbar disc change from a gel to a fibrous structure?

By what age does the nucleus pulposus in the cervical spine change to a fibrous material?

When is it most common for a traumatic rupture in the lumbar spine?

Why is it less likely for a traumatic rupture to occur in someone over 50?

Are men or women more affected by disc herniation?

Herniation where...accounts for 98 per cent of all low back disk injuries?

What is the cause of degenerative disc disease?

What are the contributing factors?

What other factors are there?

What is considered to be the primary cause of back pain?

How is degenerative disc disease treated?

When is bedrest useful?

How long do you try conservative treatment before surgery may be performed as a last resort?

What is used following surgery to reduce adhesion?

What are other forms of conservative care for degenerative disc disease?

How many stages of degeneration are there? What are they?

Which stage is considered reversible? Permanent?

What are the symptoms of cervical degenerative disc disease? With lumbar?

When and at what age is herniation most common?

What kind of protrusion is most common with herniation?

When is the pain worse with an acute herniation?

What are the neurological signs of herniation?

Compression of what would cause bladder or bowel dysfunction and numbness across the low back, gluteals and around the hips?

What does the symptoms of a protrusion depend on?

What happens if you have a large cervical posteriolateral protrusion?

- A small lumbar posteriolateral protrusion?
- A large lumbar posterior protrusion?
- acute posterior neck lesion?
- Acute lumbar lesions

What are worsening signs in the lumbar spine?

What are contraindications?

What tests could you use for degenerative disc disease?

- for herniation?

How do you differentiate between sources of neck and arm pain?

How do you differentiate between low back and leg pain?

Self care?

