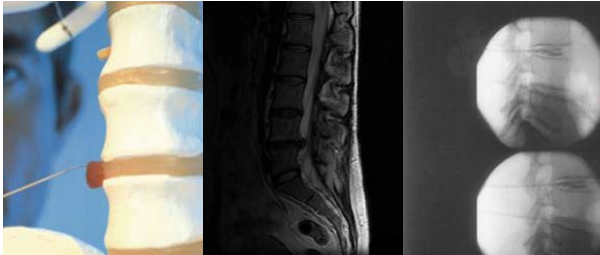


Diskography and Intradisk Injection Procedures

Injection of Contrast Medium into Intervertebral Disks

Following local anesthesia a fine cannula is inserted into the middle of an intervertebral disk at an angle of 50 degrees. One cc of contrast medium is injected and the patient is questioned as to his or her pain. An exact diagnosis about the disk can then be made.

Medications are injected through the cannula into the disk after completion of the diskography. In addition to cortisone and local anesthetics opiates can also be used for pain relief.



Indications

- intervertebral disk pain
- protruding disks
- herniated disks
- stiffened, fixated disks

Value

Isolated disk pain can be exactly and effectively treated. Depending on the extent of disk stiffening and fixation several disks can be treated.

Advantage

This is a minimal invasive procedure, available on an out-patient basis.

Follow-Up

A program of physical therapy should be started a week after treatment. Use of a corset is sometimes necessary for two weeks.

Work

Light physical activity such as office work can be resumed a week after treatment. Heavier physical work should be avoided for two weeks.

Sport

Sports can also be resumed two weeks after treatment.

Results

Success rates of over 80% are reported in the national and international literature.