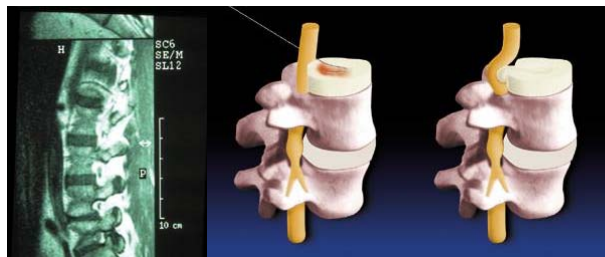


Intradisk Electrothermal Therapy / IDET

Using image intensifying technology a flexible catheter is placed in the annulus fibrosus of the intervertebral disk. A minute coil at the tip of the catheter is then heated. This leads to the denervation of so-called pain receptors in the annulus fibrosus as well as other associated structures. The heat transforms the collagen of the annulus which closes small tears found there.



Indications

- chronic lower back pain
- lack of improvement with non-invasive therapies
- pain must be reproducible during diskography
- no previous operations on the affected disk

Value

Treatment involving thermocoagulation of the annulus fibrosus is possible. The procedure is only sensible when MRI images (magnetic resonance imaging) confirm mild degeneration of disks. The procedure is not appropriate in treating nerve root irritation caused by protruding or herniated disks.

Advantage

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

Follow-Up

A program of physical therapy stressing isometric muscle training should be initiated two weeks after treatment. A corset should be worn for the first two weeks.

Work

Full function can be expected about two weeks after treatment. Heavy physical activity should be avoided for three months. Heavy lifting must especially be avoided in order to allow the transformation of the annulus collagen to occur.

Sport

Care should be taken in choosing activities in order to minimize adverse effects on the healing process.

Results

The latest studies from America show definite improvement in 70% of cases studied.