



UCSF Osher Mini Medical School for the Public:
Low Back Pain

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Disclosure

- No conflict of interest in relation to this presentation



Questions - low back pain

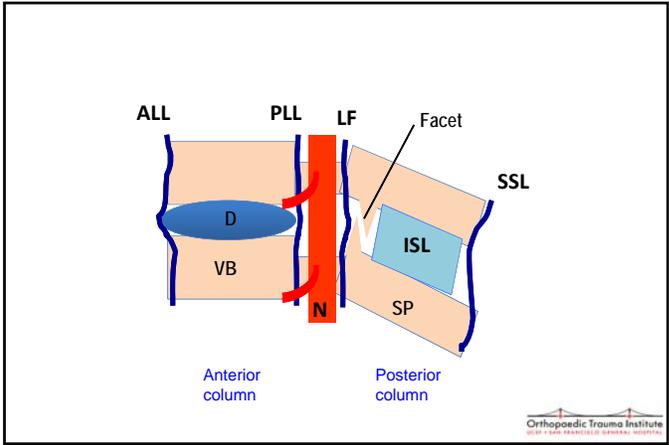
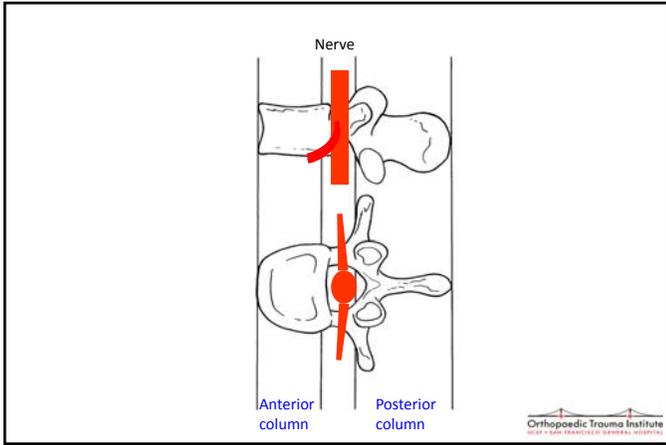
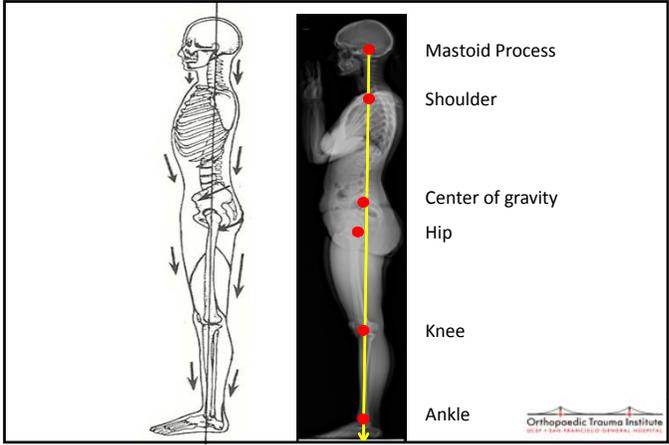
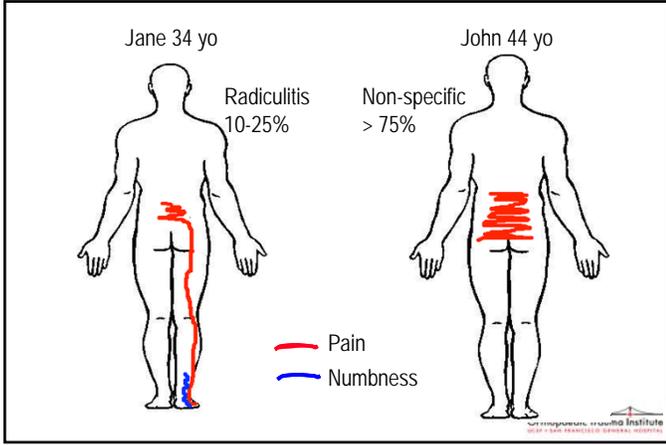
1. Does MRI tell us everything?
2. Why do I have pain for a long time?
3. What is the treatment?



Low back pain

- 75-85% of adults experience low back pain in their lifetime
- Chief complaints for primary doctors' visit
 - #1 Flu
 - #2 Low back pain





Questions - low back pain

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Systematic Literature Review of Imaging Features of Spinal Degeneration in Asymptomatic Populations

W. Brinjikji, P.H. Luetmer, B. Comstock, B.W. Bresnahan, L.E. Chen, R.A. Deyo, S. Halabi, J.A. Turner, A.L. Avins, K. James, J.T. Wald, D.P. Kallmes, and J.G. Jarvik



Am J Neuroradiol 2015; 36: 811-816

- 3110 people with no low back pain
- Disc abnormalities
 - 37% in 20-year-old
 - 96% in 80-year-old
- Likely part of normal aging
- Unassociated with pain

Spine MRI

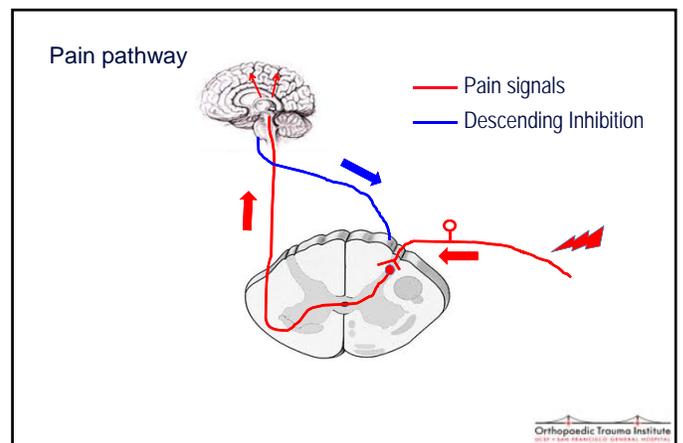
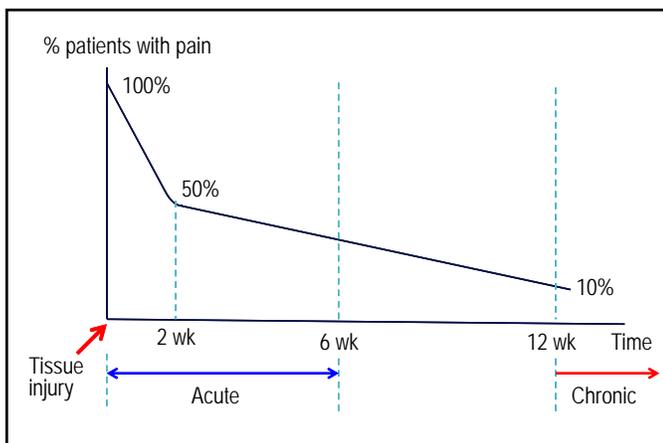
- Does NOT distinguish between painful and non-painful spine structures.
 - Abnormality seen in normal population
- Does NOT constitute a diagnosis (in most cases).
 - History & physical exam, + imaging
- Does NOT affect treatment plan (in most cases).
 - History & physical exam, + imaging

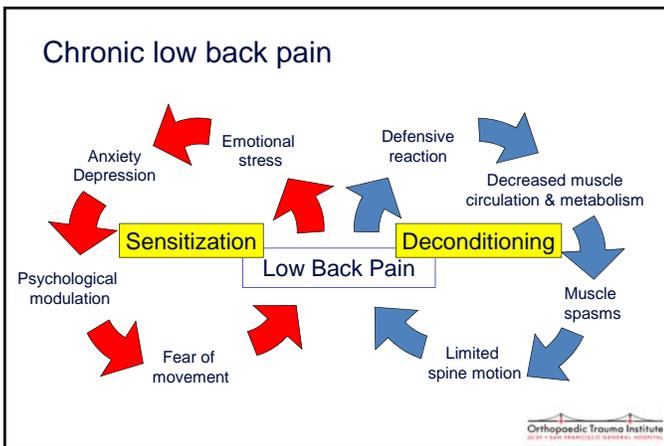
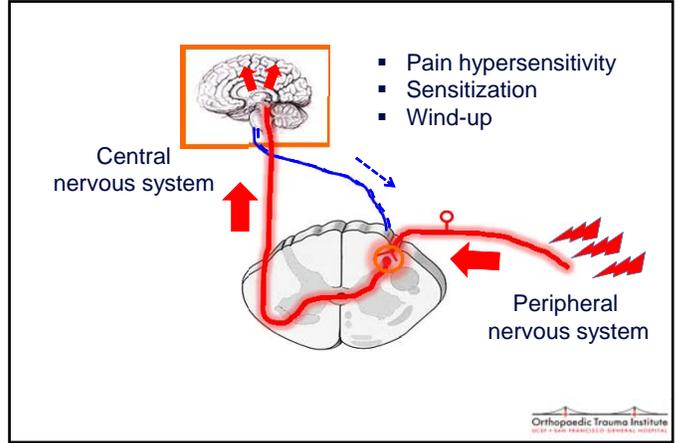
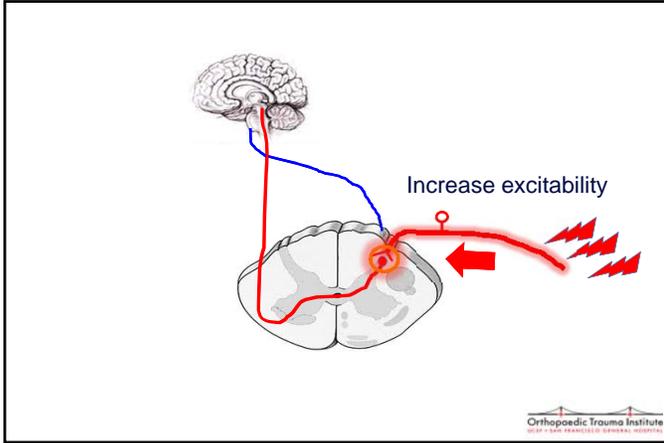
Spine MRI

- Overall idea of spine structures
- Infection or tumor
- Pinched (compressed) or inflamed nerves
- Pre-surgical planning

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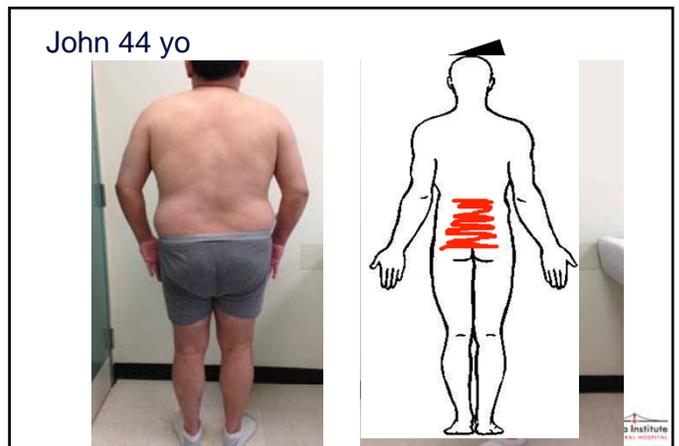
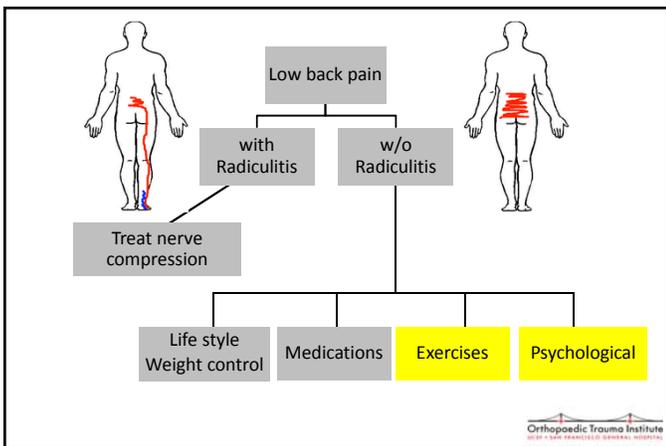
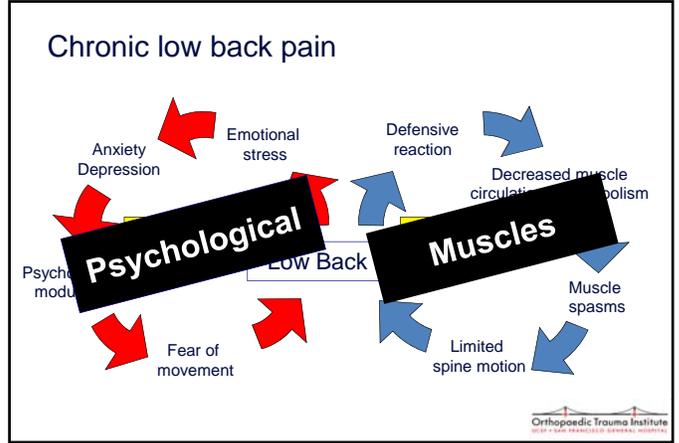
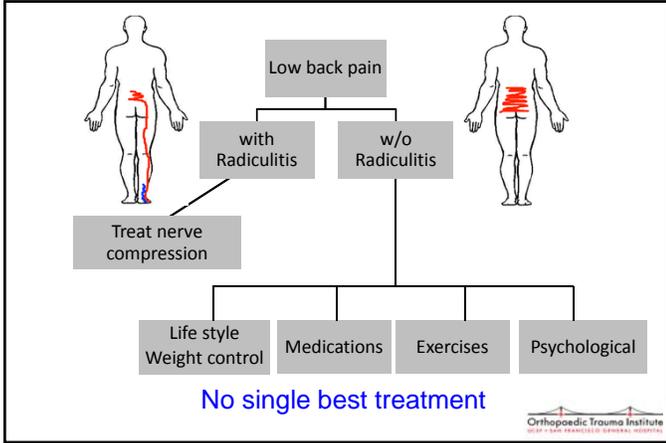


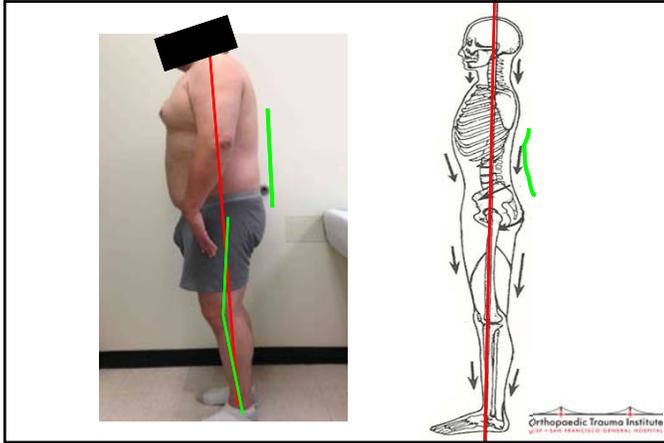


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Orthopaedic Trauma Institute
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Move, move and move

- Exercise therapy
- Multidisciplinary rehabilitation
- Tai chi
- Yoga



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Psychological

- Cognitive behavioral therapy (CBT)
- Mindfulness-based stress reduction

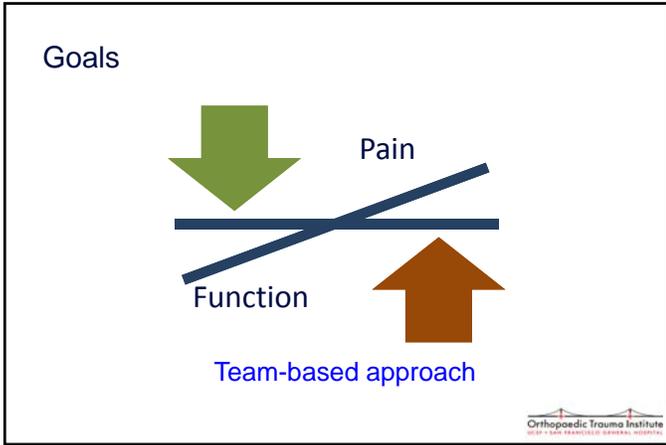


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Others

- Spinal manipulation
- Massage
- Acupuncture

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