

## Subject Index

Notes: Page references in *italics* refer to figures and those in **bold** refer to tables

### A

acceleration-deceleration injury (whiplash), 60, 61, 108, 346–351, 347  
 accidents, 342–345  
 acetaminophen (paracetamol), 75, **76**  
 acetazolamide, **76**  
 Achilles reflex, lumbar syndromes, 168  
 achondroplasia, 37–38  
 acupuncture, 229, 229–230  
 acute pain, 72  
 adductors, muscle palsy, 263  
 Adson test, 102  
 aging/age-related changes, 6  
     collagen, 51  
     intervertebral disk changes, 51, 305  
     motion segments, 306  
     mucopolysaccharides, 51  
     nucleus pulposus, 20  
 alkaptonuria (ochronosis), 38, 38  
 analgesia  
     cervical nerve roots, 82  
     *see also specific types*  
 anesthesia  
     local, 231, 232  
     peridural, 248  
     therapeutic local *see therapeutic local anesthesia (TLA)*  
 ankylosing spondylitis (Bekhterev disease), 40, 95, 201  
 ankylosis, 50  
 anterior longitudinal ligament, 20  
     discosis, 49  
 anterior lumbar interbody fusion (ALIF), 292, 293  
 anticonvulsants, 78  
 anulus fibrosus  
     anatomy, 19  
     cervical motion segments, 86  
     definition, **7**  
     development, 16, 17  
     discosis *see discosis*  
     mechanical functions, 27  
     protrusion, 155  
 arm-jogging, 336, 336  
 arthrosis, 171  
 artificial disks, 123–124  
     *see also* intervertebral disk prostheses  
 astronauts, height measurement, 26, 26  
 asymmetrical compression, 28, 28  
     scoliosis, 55  
 auditory disturbance, 107  
     cervicocephalic syndrome, 105  
 autogenic training, 319  
 autonomic innervation, cervical sympathetic chain, 81  
 axial compression, 30  
 axial cord, 15

### B

Bastrup disease, 170, **170**, 199  
 back pain, 9  
     *see also* low back pain  
 back school, 124–125, 321–330  
     lifting, 322  
     lying positions, 327–329  
     muscular stabilization, 322  
     osmotic system activation, 322  
     posture, 326–327  
     principles, **321**, 321–323  
     sitting positions *see sitting*  
     standing positions, 326–327  
     studies, **329**, **329**  
     target population, 321  
 Barr, J.S., 4  
 Bärtschi-Rochaix, Werner, 5  
 bed rest, 219  
 Bekhterev disease (ankylosing spondylitis), 40, 95, 201  
 biomechanics, 22–28  
 bisegmental syndromes, 212  
 bleeding, lumbar discotomy, 270  
 block vertebra, 35, 40  
     cervical, 57  
     congenital, 55  
 “board sign”, 202  
 body height measurement, 25, 25–26  
 body language, spine and, **315**  
 bone density, vertebral bodies, 38–39  
 bone injury, cervical spine, 96  
 bony deformation, lumbar syndromes, 161–162  
 brachialgia, 98–99  
 Bradford, G.T., 5  
 brain concussion, 110  
 buprenorphine, **77**

### C

C5 syndrome, 100  
 C6 syndrome, 100, **100**  
 C7 syndrome, 101, **101**  
 C8 syndrome, 101, **101**  
 calcification, 40, 40  
 calcium ions, 21  
 carpal tunnel syndrome, 102  
 cartilage cells, 21  
 cartilaginous end plates, **7**, 19  
 catheters, peridural, 248  
 cauda equina syndrome, 216–217, 280, 281  
 celecoxib, **76**  
 central disk tissue  
     dorsolateral displacement, 86  
     mobility, 85

centralization phenomenon, 307  
 cerebellopontine angle tumors, symptoms, 106  
 cerebral cortex, nociception, 71, 72  
 cerebrospinal fluid (CSF), diagnostic study, 179  
 cervical collar, soft, 111, 113, **113**  
 cervical dermatomes, topography, 97  
 cervical disk distention test, 121, 121, 122, 122  
 cervical disk prolapse, 98, 98  
 cervical disk puncture, 121  
 cervical epidural injection, 119, 119–120  
 cervical facet infiltration, 120  
 cervical intervertebral foraminal stenosis, 91–92  
 cervical motion segments  
     anatomy, 80, 80–83, 99  
     degenerative changes, 85  
     horizontal fissures, 81, 85–86  
     mechanical stress, 85  
     physiology, 80–83  
     stabilization, 337  
 cervical myelopathy, definition, **7**  
 cervical myotomes, topography, 97  
 cervical nerve roots, 82–83, 84  
     analgesia, 82  
     blockade, 117–119  
     irritation, 86–87, 100, **101**  
     sleeves, 82–83, 83  
 cervical nystagmus, 105  
 cervical radicular irritation syndrome, 90  
 cervical spinal nerve analgesia (CSPA), 117–119  
 cervical spine  
     biomechanics, 84–85  
     flexion, 82, 82, 84  
     injury, 59–60, 96, 108  
     kyphosis *see kyphosis*  
     manual therapy, 116, 116–117  
     prediscotic deformities, **56**  
     sports and, 337–338  
 cervical sympathetic chain, 81–82  
 cervical syndrome(s), 79–126  
     age distribution, 79, 80  
     behavioral instructions, 124–125, **125**  
     classification, 79, 93–94, **94**  
     clinical features, **88**, 88–93  
     clinical findings, 89–90  
     contusions, 109  
     definition, **7**, 79, 88  
     diagnosis confirmation, **120**  
     differential diagnosis, 93–110  
     local *see local cervical syndrome (LCS)*  
     neurophysiological testing, 92–93

cervical syndrome(s)  
 pain distribution, 79  
 pathoanatomy, 85–87  
 pathophysiology, 85–87  
 patient exercises, 124–125  
 post-traumatic *see* post-traumatic cervical syndrome  
 prevalence, 79  
 radiological studies, 90–92  
 rehabilitation, 124–125  
 sex distribution, 79, 80  
 subacromial syndrome vs., 103  
 symptoms, 88  
   classification, 88  
   at night, 88  
   patients' description, 88–89  
   position-dependent, 88  
 treatment, 110–124, 112  
   local injections, 117–120  
   manual therapy, 116–117  
   medications, 113–114  
   operative techniques *see* operative techniques  
   planning, 125–126, 126  
*see also specific syndromes*  
 cervicobrachial syndrome, 94, 97  
 definition, 7, 94, 97  
 distribution frequency, 100  
 post-traumatic, 109  
 radiographs, 91  
 symptoms, 99  
 treatment, 118  
 cervicocephalic syndrome, 94, 103–107  
 clinical manifestations, 104–105  
 definition, 7, 94, 103  
 differential diagnosis, 106, 106–107  
 dizziness, 105  
 etiology, 103–104  
 history, 103  
 pathogenesis, 103, 103–104  
 post-traumatic, 109  
 treatment, 118  
   contraindications, 117  
 cervicogenic nystagmus, 106  
 cervicogenic shoulder stiffness, 97  
 cervicomедullary syndrome, 107–108, 108  
 chemical irritation, radicular pain, 68  
 chemonucleolysis, 256, 256–257, 259  
   definition, 7  
 chondrosis intervertebral, 49  
 chronic pain  
   evolution, 72–73  
   therapeutic approaches, 73, 230, 231  
 chymopapain, 256, 256–257  
 coccygodynia, 201  
 collagen, 22  
   disk aging, 51  
   fiber synthesis, 22  
 colloid osmotic pressure, 23  
 combat sports, 338  
 complicated back pain, 9  
 computed tomography (CT)  
   cervical spine, 92, 92  
   lumbar spine, 172, 172–175, 174–175  
     cross-sectional images, 173, 173–174  
     magnetic resonance imaging vs., 182, 182

periradiculular therapy and, 247–248, 248  
 postoperative, 177–179  
 prolapses, 174  
 protrusions, 174  
 scar tissue, 178  
 technical procedure, 173, 173  
 tissue displacement, 174–175  
 post-discotomy syndrome, 288–289  
 congenital abnormalities, 35  
 connective tissue, 21  
   massage, 114  
   proteolytic enzyme action, 65  
 contact sports, 338  
 contralateral Lasègue sign, 167  
 contusions, cervical syndromes, 109  
 conus medullaris, 261  
 costoclavicular syndrome, 102  
 costotransverse joint, 7, 127  
 costotransverse joint syndrome, 130  
 Cotugno, Domenico Felice Antonio, 4  
 covered prolapse(s), 154, 157  
 coxarthrosis, diagnosis, 214  
 cycling, 335, 335, 338

**D**

decompressive surgery  
 cervicomедullary syndrome, 108  
 contraindications, 265  
 discogenic nerve roots, 264, 264  
 informed consent, 265  
 lumbar syndrome treatment, 219  
 nerve roots, 206  
 deformities  
   bony, 161–162  
   prediscotic *see* prediscotic deformities  
   vertebrae, 39  
   *see also individual deformities*  
 dehydration, uncinate processes, 86  
 depression, pain and, 314  
 dermatome(s), 70  
   cervical, topography, 97  
   lumbar root syndromes, 204  
 developmental anomalies, mechanical stress, 34–35, 35  
 diazepam, 114  
 diclofenac, 76  
 disectomy, definition, 7  
   *see also* discotomy  
 discitis, 36, 274  
   definition, 6, 7  
 disco-CT, lumbar syndromes, 172  
 discogenic hip stiffness, 202–203  
 discogenic instability, 53, 54  
   *see also* segmental instability  
 discogenic pain, 65–66, 70  
   persistent, 198  
   psychosomatic, 316  
   *see also* lumbago  
 discography, lumbar syndromes, 179–181, 180, 181  
   contrast medium patterns, 180–181  
 discosis, 43, 43–58, 50, 305  
   advanced, 45, 45  
   anulus fibrosus, 44

calcification, 44  
 disk tissue displacement, 51–52  
 childhood, 43–44  
 classification, 43–47  
 definition, 6, 43  
 disk matrix, 47  
 disk restoration, 48  
 etiology, 46–47  
 nucleus pulposus, 48, 48  
 osmotic system, effects, 53  
 pathogenesis, 47–50  
   discoloration, 48  
   studies, 47–48  
 prolapse, 52  
 protrusions, 43  
 segmental instability, 45  
 symptoms, 44  
 therapeutics, 52  
 discotomy, lumbar disks, 260  
   complication, 269–271  
   reoperative, 274  
 disk(s) *see* intervertebral disk(s)  
 disk slackening, 30, 197  
   clinical course, 161  
   lumbar syndromes, 160–161  
 distention (stretch) test, 89–90, 90  
 dizziness, 105, 106  
 dorsal distraction rod, 292  
 dorsal fusion, 292  
 dorsal interbody fusion, 292  
 dorsal transpedicular fusion, 292  
 dorsiflexors, foot, muscle palsy, 262–263  
 durotomy, 270–271  
 dynamic sitting, 325–326, 326  
 dynamic work, 336  
 dysphagia, cervicocephalic syndrome, 105

**E**

elastic traction belting, suprapubic abdominal cushion, 228  
 electromyography (EMG)  
   cervical syndromes, 92–93  
   lumbar spine  
     biomechanics, 145–146  
     syndromes, 169  
 electrotherapy  
   cervical syndromes, 115  
   lumbar syndromes, 220  
 emotional disorders, treatment, 319  
 endorphinergic neurons, nociception, 331, 332  
 endoscopic disk surgery, 259  
 energy transfer, 27  
 enzymes, 22  
 epidural, definition, 243  
 epidural-dorsal injections, 245, 245  
 epidural injection, cervical, 119,  
   119–120  
 epidural-perineural injections, 246,  
   246–247  
 epidural periradiculular therapy, 243–244  
   interlaminar approach, 244  
   intervertebral disk approach, 244  
   intervertebral foramen approach, 244  
   sacral hiatus approach, 244

epidural-sacral injections, 245, 245

epidural scarring, 287

erector spinae muscles

contraction, 70, 70–71

local lumbar syndrome, 193

spasm, 202

eulordosis, 228–229

exercise(s)

cervical syndromes, 124–125

intensity, 333, **333**

nociception and, 331–332

purpose, 332

stepwise programs, 333

suitability, 332–333

*see also* sports

exercise in a pain-free range of motion (EPFRM), **331**, 331–336

benefits, 332

units, **333**, 333–336

exercise points, 333

extension, intervertebral joint configuration, 31

extensor hallucis longus

dorsiflexion, 263

paresis, 264

extradiscal fragments, 307

displacement, 135–136, **136**

extrasegmental injections, lumbar syndromes, 232–233

## F

facetectomy, definition, **7**

facet joints *see* intervertebral joints

facet syndrome, 68, 94, 195

definition, **7**

diagnosis, 195

“failed back syndrome” *see* post-discectomy syndrome (PDS)

fat-pads, CT scans, 178

fenestration, definition, **7**

fibrocartilage, 22

fibrosis, perineural, 287

fibrous ankylosis, 87

discosis, 43

fibrous ring *see* anulus fibrosus

“figure 4” maneuver, 195, 197

flexion

intervertebral joint configuration, 31

orthoses, 226, **228**

floating fusion(s), 296

fluid shifts, intervertebral disk hydration, 24, 24

fluoroscopy, periradicular therapy and, 247–248, **248**

fluorosis, 215

flupirtin, **76**

foot, muscle strength tests, 169

foot drop, 210, 262

foraminotomy, definition, **7**

fracture(s)

asymmetrically healed, 57

vertebral bodies, 62

fusion surgery

definition, 291

implant-free, 293

implants, 293

lumbar syndrome treatment, **219**, 291–297, 292

complications, 294, **294**

contraindications, 293, **293**

indications, 291–293, **292**

techniques, 293

preoperative procedures, 292–293

psychosocial factors, 292, 293

## G

gait, 326

Galen of Pergamon, 4

Glisson sling, traction, 115, **115**

Glisson test, cervical syndromes, 89–90, 90

gluteal muscles, palsy, 263

gymnastics, 336

## H

headache(s)

causes, 106

cervicocephalic syndrome, 104–105

hearing impairment *see* auditory disturbance

heat treatment

cervical syndromes, 111

lumbar syndromes, 219–220

height measurement, 25, 25–26

hemilaminectomy, definition, **7**

herniation(s), 34, 140, 342

definition, 5

lateral disk *see* lateral disk herniation

lumbar syndromes, 154, 155, 157, 158

hydration, 159

operative technique, 266–268

pain, 261

segment L3/4, 211–212

posture, 207

*see also* prolapse(s)

herpes zoster, cervical syndromes, 102

hip(s)

flexion, 327

sitting positions, 325, 325

hip, pain, lumbar root syndromes, **214**

hip-loin extension stiffness, 202–203

Hippocrates, 4

homogentisic acid, 38

horizontal fissures, cervical motion segments, 81, 85–86

hydromorphone, **77**

hydrostatic pressure, 22

hyperesthesia, 169

hyperextension trauma, 61, **109**

hyperflexion trauma, 61, 61, **109**

hyperlordosis, 323

hip flexion, 327

lumbar spine, 161, 195

hypochondria, pain and, 314

hysteria, pain and, 314

## I

ibuprofen, **76**

iliac artery, aneurysm, 214

implant(s)

fusion surgery, 293

instrumented, 146

interbody *see* interbody implants

*see also* intervertebral disk prostheses

implant-free fusion surgery, 293

infection, 6

cervical syndromes, 102

diagnosis, 36

nondegenerative disk diseases, 36

post-microsurgery, 271

sciatic nerve, 214

thoracic syndromes, 130

inflammation, 6

nondegenerative disk diseases, 37

informed consent, decompressive surgery, 265

injection(s)

cervical syndromes, 117–120

epidural-dorsal, 245, 245

epidural-perineural, 246, 246–247

epidural-sacral, 245, 245

lumbar syndrome treatments, 230–233, 233

anti-interleukin-1, 244–245

case illustrations, 233–240

classification, 232–233

diagnostic-therapeutic, 233

extrasegmental, 232–233

local anesthetics, 231, 232

steroids, 231–232

post-discotomy syndrome, 289

sciatic nerve injury, 214

injury

cervical spine, 59–60, 96, 108

iatrogenic, 303

intervertebral disks, 62, 62

*see also specific injuries*

instability

discogenic, 53, 54

postoperative, 287

segmental *see* segmental instability

interbody implants, 292

removal, 300

intercostal neuralgia (radicular thoracic syndrome), 128, 129, 130

interlaminar space, **7**

interleukin receptor antagonist protein (IRAP), lumbar syndrome, 244–245

internal disk derangement, definition, **7**

internal fixator(s), lumbar spine stress measurement, 146, 146, 295

intervertebral chondrosis, definition, **6**

intervertebral disk(s)

aging *see* aging/age-related changes

anatomy, 5, 18–20

biomechanics, 22–28

osmotic system, 22–25, 23

posture, 46

calcification, 40, 40

childhood, 33–35

clinical syndromes, 6, 8–9

definition, **7**, 18

degeneration, 1

development, 15–17, 16

diseases, *see* intervertebral disk disease(s)

elasticity, 30

intervertebral disk(s)  
 grade III dislocation, 154, 157  
 grade IV dislocation *see herniation(s)*  
 height changes, 25–26  
 measurement, 26, 26  
 herniation *see herniation(s)*  
 historical aspects, 3–4, 3–5  
 hydration, 24, 24  
 infancy, 17, 46  
 injury, 62, 62  
*see also* traumatology  
 interstitial fluid, 21  
 ligaments, 20  
 lumbar *see* lumbar disk(s)  
 matrix, 21  
 mechanical functions, 27–28  
 medial transdural puncture, 64  
 minerals, 21, 51  
 morphological abnormalities, 1  
 nutrient supply, 46  
 ossification, 16, 40, 299, 301  
 pain, **70**  
*see also* pain  
 pathoanatomical changes, 305, 305  
 pathology, 5–6  
 permeability, 86  
 rupture, 60–61  
 slackening *see* disk slackening  
 structure, 21–22  
 systemic illness involvement, 37–41  
 terminology, 5–9  
 traction, 26–27  
 vascularization, 16  
 vibration effects, 27  
 water content, 21, 51, 51

intervertebral disk disease(s)  
 clinical manifestations, 306, **307**  
 discosis *see* discosis  
 economic consequences, 12  
 epidemiology, 11–13  
 exaggeration, 317–318  
 frequency, 11–12, 12  
 life course, 306, 306, **307**  
 localization, 11–12, 12  
 natural course, 305–312  
 case illustrations, 308–311  
 studies, 312  
 nondegenerative *see* nondegenerative disk diseases  
 prevalence, 11  
 simulation, 317–318  
 somatopsychic changes, 317  
 therapeutic approaches, 31–32  
*see also specific conditions*

intervertebral disk prostheses, 123–124, 297–301  
 advantages, 300  
 classification, 297, **297**  
 complications, 299, **299**  
 contraindications, 298–299, **299**  
 definition, 297  
 disadvantages, 300  
 history, 297–298, **298**  
 implantation techniques, 299–300, **300**  
 indications, 298, **298**  
 mobile intercorporal, 123  
 surgical requirements, 300

intervertebral foramina  
 cervical spine, 84, 86  
 definition, 7  
 lumbar spine, 135, 135

intervertebral joints, 29–30  
 arthrotic changes, 87  
 disk slackening *see* disk slackening  
 movement range, 27  
 pain, 68  
 sitting effects, 323  
 spatial configuration, 27

intradiscal electrothermal therapy (IDET), 258, 258

intradiscal injection  
 definition, 7  
 lumbar syndrome, 218, **219**, 256–257

intradiscal mass shifts *see* intradiscal tissue displacement

intradiscal pressure, 23, 24, 24, 322  
 lumbar spine stress measurements, 146–150, 147, 152, 153

lumbar syndromes, 164  
 oncotic, 51, 52  
 reduction, 321, 323, 323, 324

intradiscal tissue displacement  
 asymmetrical loading, 28  
 biomechanics, 51–52  
 discosis, 43, 49  
 lumbago, 194, 287  
 precipitating factors, **52**  
 young patients, 306

intrasegmental injections, lumbar syndromes, 232–233

intrathecal injections, definition, 7

ischemia, peripheral, 214

isometric muscle training, 124, 125, 328

**J**

joint capsule(s)  
 configuration, 31  
 tension, 29

juvenile spinal development disorder, 56

**K**

Kieser training, lumbar syndrome treatment, 223–224

kneeling test(s), 318, 319  
 lumbar syndromes, 165

kyphosis  
 adolescent, 34  
 cervical spine, 84, 85  
 fixed thoracic, 56  
 lumbar support, 323  
 segmental loss, 91

**L**

L1 syndrome, 208, 209

L1/2 prolapse, periradicular therapy  
 infradiscal extension, 253–255, 254  
 supradiscal extension, 251–253, 253

L1/2 protrusion, 191, 191–192

L1–L3 syndrome, 211

L2 syndrome, 208, 209

L2/3 prolapse, 184, 185, 186

L2/3 protrusion, 184, 185, 186

L3/4 herniations, 211–212

L3/4 prolapse, 211–212  
 supradiscal extension, 188–189, 189, 284, 285  
 periradicular therapy, 251, 252

L3 syndrome, 208, 209

L4 syndrome, 208, 209, 210

L4/5 erosive osteochondrosis, 235–236

L4/5 lateral prolapse, 282, 283

L4/5 postdiscectomy syndrome, 190, 190

L4/5 prolapse, 212  
 infradiscal extension, 238–239, 240  
 spontaneous resorption, 310, 311  
 supradiscal extension, 186, 188

L4/5 protrusion, 212, 236–238, 237  
 annular tear, 238, 239  
 periradicular therapy, 250, 250–251

L5 syndrome, 177, 210, 210

L5/S1 prolapse, 186, 187, 212  
 disk level, 274, 275  
 infradiscal extension, 278, 279  
 cauda equina syndrome, 280, 281  
 spontaneous resorption, 308, 309  
 operative technique, 268  
 supradiscal extension, 276, 277

L5/S1 protrusion, 186, 187, 212  
 periradicular therapy, 248–250, 249

labor pain, peridural catheters, 248

lamina cribrosa, 19

laminectomy, definition, 7

laminotomy, definition, 7

“Lasègue sign”  
 contralateral, 167  
 positive, 166, 167  
 reverse, 166, 166

Lasègue test, 167, 318, 318

lateral disk herniation, 268, 268–269, 269  
 classification, 270

legs, sitting position, 325

lifestyle, posture, 47

lifting, incorrect, lumbar spine intradiscal pressure, 149, 150, 322

ligaments  
 intervertebral disks, 20  
 weakness, 59

ligamentum flavum, 136

local anesthetics, lumbar syndrome treatment, 231, 232

local cervical syndrome (LCS), 94–95  
 definition, **8**, 94

local lumbar syndrome(s), 192–194  
 classification, **193**, 193–194  
 definition, 8, 192  
 symptoms, 193, **193**

longitudinal ligaments, 27–28

lordosis  
 abnormal, 56  
 cervical spine, 84, 85  
 lumbar spine, 170, 326  
 segmental loss, 90–91  
*see also* hyperlordosis

- loss of earning capacity, definition and classification, 351, 351–356, 354  
 low back pain, 192–194  
 arthroligamentous origin, 194–195  
 chronic, 198, 198  
 definition, 8  
 depression, 314  
 differential diagnosis, 198–201, 200  
 epidemiological studies, 27  
 extraspinal origin, 199, 200  
 imaging studies, 198  
 lying position, 197  
 post-injection, 257  
 psychosomatic, 314  
 red flags, 198, 201  
 therapy, 197  
 urological conditions, 199  
 vertebral, 199–201, 200  
 women, 199  
 yellow flags, 198
- lumbago**, 9, 193, 194, 194  
 definition, 8, 8  
 posture, 194
- lumbar disk(s)**, 18, 20, 134  
 discosis, 50  
 mechanical stress, 144  
 protrusion, 202–203
- lumbar disk disease**, definition, 8
- lumbar disk surgery**  
 case illustrations, 274–285  
 inpatient treatment, 301–302  
 outpatient treatment, 301  
 postoperative symptoms, 273–274  
 results, 272, 272–273  
*see also* microsurgery
- lumbar facet infiltration**, 243
- lumbar intradiscal injection**, 218, 219, 256–257
- lumbar motion segments**  
 anatomy, 134–143  
 AP projection, 140, 140–142  
 frontal view, operative field, 141, 141–142  
 roots, 140–141  
 lateral view, 142  
 overlapping laminae, 142, 142
- muscular stabilization**, 322
- sitting effects**, 323
- stress measurements**, 144–152  
 instrumented implants, 146  
 intradiscal pressure *see* intradiscal pressure  
 in-vitro studies, 145  
 in-vivo studies, 145–146
- mathematical models**, 144, 144–145, 145
- subdivisions**, 139–143  
 discal levels, 140, 143, 143  
 zones, 140  
 transverse view, 142–143
- lumbar myelography**, 171–172
- lumbar radiculitis**, definition, 8, 9
- lumbar root syndrome(s)**, 193, 203–217  
 deformations, 204  
 differential diagnosis, 214–216  
 extrvertebral, 214–215  
 vertebral, 215–216
- etiology**, 203–204  
**hip pain vs.**, 214  
**manifestations**, 213  
 red flags, 217  
*see also specific syndromes*
- lumbar spasm**, 165
- lumbar spinal canal**, 135  
 nerve root-disk relationship, 138–139, 139
- lumbar spinal nerve analgesia (LSPA)**, 241–243, 242  
 complications, 242  
 results, 242–243  
 side effects, 242
- lumbar spine**, 34  
 biomechanics, 144–152  
 disk degeneration, 182–184  
 changes, 169–171  
 hyperlordosis, 161  
 hypersegmented, 56–57  
 innervation, 65  
 numerical variations, 137, 137–138  
 prediscotic deformities, 56  
 sitting position, 325  
 sports and, 338  
 transitional vertebrae, 137–138  
 venous system, 136–137  
*see also* lumbar motion segments
- lumbar spine traction test**, 213
- lumbar subarachnoid space**, 171
- lumbar support**, kyphosis, 323
- lumbar syndrome(s)**, 133–303  
 bony deformation, 161–162  
 classification, 163, 192–217, 193  
 clinical examination, 165–169  
 patient standing, 165–166  
 supine position, 166–169  
 clinical features, 162–192  
 motor dysfunction, 168  
 definition, 133  
 diagnostic techniques, 163  
 disk slackening *see* disk slackening  
 local *see* local lumbar syndrome(s)  
 monoradicular *see* monoradicular  
 lumbar syndromes  
 motor disturbances, 168  
 neurophysiologic testing, 169  
 pathoanatomy, 153–162  
 prevalence, 133, 134  
 prolapses *see* prolapse(s)  
 protrusions *see* protrusion(s)  
 red flags, 193  
 symptoms, 163–165  
 positional dependence, 164  
 provoking factors, 163
- treatment**, 218–303, 302  
 classification, 218, 219  
 conservative, 218–240, 303  
 integrated care, 301–302  
 minimally invasive therapy, 241–259, 259, 303  
 planning, 301–302, 302  
 surgery, 259–286, 260–264, 303  
*see also* low back pain; *specific syndromes*
- lumbosacral disk**, 20, 134
- lumbosacral distraction spondylodesis (LSDS)**, 293, 293, 294
- lumbosacral junction**, anatomical asymmetry, 56, 57
- lumbosacral spondylitis**, 200
- lumbosacral transitional vertebrae**, 138, 138
- lying positions**, 327–329
- M**
- macrosurgery**, 260
- magnetic resonance imaging (MRI)**  
 lumbar syndromes, 181–192, 182  
 advantages, 181–182  
 asymptomatic, 184  
 case illustrations, 184–192  
 CT scan vs., 182, 182  
 lateral disk herniation, 268–269, 269  
 myelography vs., 182  
 postoperative, 184  
 principles, 181  
 procedure, 181  
 Modic classification, 183, 183–184  
 post-discectomy syndrome, 288–289
- malingering**, 317, 318
- manual therapy**  
 cervical spine, 116, 116–117  
 lumbar spine, 221, 221
- massage**  
 cervical syndrome, 114, 114–115  
 lumbar syndromes, 221
- mechanical irritation**  
 cervical motion segments, 94  
 nerve root compression, 66–68
- mechanical stress**  
 asymmetrical, 55  
 cervical motion segments, 85  
 developmental anomalies, 34–35, 35  
 intradiscal pressure *see* intradiscal pressure  
 reduction, 113
- medical training therapy (MTT)**, lumbar syndromes, 222
- medicolegal assessment**, 341–356
- Ménière disease**  
*cervicocephalic syndrome vs.*, 106  
 symptoms, 106
- meralgia paresthetica**, 215
- metamizol**, 76
- metastases**, 37, 95
- microscopes**, lighting, 266
- microsurgery**, lumbar syndrome treatment, 218, 260  
 advantages, 260  
 operative planning, 265–266  
 operative technique, 266–268, 267  
 postoperative care *see* postoperative care
- migraine**, *cervicocephalic syndrome vs.*, 106
- mind-body interactions**, 313–315  
 electromyographic studies, 314  
 personality tests, 314
- minimally invasive surgery**, lumbar syndrome treatment, 219
- Minnesota Multiphasic Personality Inventory (MMPI)**, 314

MIRACLE principle, 1–2  
 Mixter, William J., 4  
 mobile intercorporal prosthesis, cervical disk replacement, 123  
 Modic I signs, 188–189, 189  
 Modic II signs, 186, 187, 188, 191, 191–192  
 end-plate changes, 190, 190  
 Modic classification, magnetic resonance imaging, 183, 183–184  
 monoradicular lumbar syndromes, 207–211, 208  
 frequency, 207–208  
 monosegmental disk disease, 233–234, 234  
 morphine, 77  
 morphological abnormalities, intervertebral disks, 1  
 motion segment(s), 1  
 aging, 306  
 center of rotation, 28, 28  
 cervical *see* cervical motion segments  
 compressional changes, 29  
 definition, 8, 18  
 discosis, 44  
 instability *see* segmental instability  
 lumbar *see* lumbar motion segments  
 postoperative biomechanical alterations, 272  
 spinal anatomy, 18  
 sprains, 60  
 thoracic, 127–128  
 trauma, 59  
*see also* traumatology  
 motor disturbances/impairment  
 assessment, 263–264  
 fiber compression, 262  
 lumbar syndromes, 168  
 movement, psychosomatic changes, 315  
 mucopolysaccharides  
 disk aging, 51  
 matrix synthesis, 21  
 multisegmental syndromes, 191, 191–192, 212  
 muscle atrophy, 262  
 muscle pain, 69, 69  
 muscle palsies, 262–263  
 muscle relaxants, 78  
 muscle spasm(s), 61, 117  
 muscle strength tests  
 foot, 169  
 grading, 263, 263  
 muscle tension, neck, 95  
 muscular stabilization, back school, 322  
 musculoskeletal abnormalities, 56  
 myelography, sciatica, 205  
 myotome(s), 70

**N**

naloxone, 77  
 neck  
 muscle tension, 95  
 pain, 93–94, 94  
 nefopam, 76  
 neo-ossification, 49  
 nerve lesions, peripheral, 102

nerve roots  
 cervical *see* cervical nerve roots  
 compression  
 electromyography, 92–93  
 lumbar spine, 175  
 mechanical irritation, 66–68  
 decompression, 260  
 neurinomas, 102  
 nerve stretching, 1, 261  
 neuralgia  
 intercostal, 128, 129, 130  
 occipital, 95  
 neurophysiological tests, cervical syndromes, 92–93  
 nociception, 71, 71–74  
 endorphinergic neurons, 331, 332  
 exercise and, 331–332, 332  
 noxious stimuli, 71, 71, 72  
 spinal physiology, 71–72  
 therapeutic local anesthesia, 230  
 nociceptive–somatomotor blocking effects, 315  
 nondegenerative disk diseases, 33–41  
 congenital abnormalities, 35  
 developmental disturbances, 33–35  
 infection, 36  
 inflammation, 37  
 nondiscotic disks, 62  
 nonopioid analgesics, 75, 76  
 nonsteroidal anti-inflammatory drugs (NSAIDs), 75  
 notochord, regression, 15, 15, 33, 33  
 notochordal reticulum, composition, 19  
 noxious stimuli, nociception, 71, 71, 72  
 nucleus pulposus  
 aging, 20  
 anatomy, 19, 20  
 asymmetrical compression, 28, 84  
 cervical intervertebral disks, 84, 86  
 definition, 8  
 development, 17  
 discosis, 48, 48  
 mechanical functions, 27  
 prolapse, 86  
 replacements, 301

**O**

oblique plain radiographs  
 cervical spine, 91, 91  
 cervicobrachial syndrome, 99  
 lumbar spine, 171  
 occipital neuralgia, 95  
 ochronosis (alkaptonuria), 38, 38  
 olisthesis, 45  
 oncotic pressure, 23  
 operating microscopes, lighting, 266  
 operative lighting, 265–266  
 operative techniques  
 cervical syndromes, 120, 120–126  
 dorsal, 124  
 ventral, 122–123  
 lesion level confirmation, 265–266  
 thoracic syndromes, 130  
 opioids, 75, 77, 78  
 organ pain, 63  
 Orthokine, 244–245

**orthoses**

lumbar syndrome treatment, 226–229  
 flexion principle, 226, 228  
 mechanism of action, 226, 227  
 post-discotic syndrome, 289  
 osmotic pressure, 22–23, 322  
 ossification, 16, 40, 299, 301  
 osteochondrosis, 49  
 definition, 6  
 erosive, 49, 235–236, 236  
 osteogenesis imperfecta, 39  
 osteogenesis imperfecta congenita, 39  
 osteogenic pain, 70  
 nerve root compression, 67  
 osteophytes  
 bony deformation, 161  
 formation, 80  
 uncinate processes, 91  
 growth direction, 99  
 spondylotic marginal, 49  
 uncovertebral, 99  
 osteoporosis, 39, 39, 201  
 senile, 299  
 oxycodone, 77

**P**

Paget disease, 201, 215  
 pain  
 acute, 72  
 chronic *see* chronic pain  
 combined types, 70–71, 71  
 dermatomal, 66  
 discogenic *see* discogenic pain  
 grades, 261, 261  
 local, 63  
 lumbar syndromes, 163, 163–165, 261  
 muscular, 69, 69  
 osteogenic *see* osteogenic pain  
 pathogenesis, 63–78  
 posterior longitudinal ligament, 66  
 pseudoradicular, 69  
 radiating, 63  
 radicular *see* radicular pain  
 secondary, 73  
 spinal, 29  
*see also* nociception  
 pain expectation anxiety, 314  
 pain relief, 72, 73, 75–78  
 classification, 75  
 definition, 75  
 pain-sensitive structures, 63–64  
 palpation  
 cervical syndromes, 89  
 lumbar spine, 165, 166  
 torticollis, 96  
 Pancoast syndrome, 102  
 paracetamol (acetaminophen), 75, 76  
 paraspinal tenderness, 165  
 paravertebral abscesses, 36  
 paravertebral analgesia, 248  
 paravertebral injections, lumbar syndrome treatment, 218, 219  
 parecoxib, 76  
 paresis, grading, 264

patient exercises, 124–125  
 pelvis, sitting position, 325  
 percutaneous facet coagulation, 243  
 percutaneous lumbar discectomy, 257, 257  
 percutaneous lumbar intradiscal therapy, 255, 255–256  
 percutaneous lumbar laser therapy, 258, 258  
 peridural, definition, 243  
 peridural anesthesia, 248  
 peridural catheters, 248  
 perineural fibrosis, 287  
 periradiculicular therapy  
     case illustrations, 248–255  
     imaging techniques and, 247–248, 248  
     lumbar spinal nerve analgesia *see* lumbar spinal nerve analgesia (LSPA)  
     *see also* epidural periradiculicular therapy; injection(s)  
 personality tests, mind–body interactions, 314  
 pH, prolapses, 65  
 physiotherapy, lumbar syndromes, 222, 223, 224  
 plain radiograph(s)  
     lumbar spine, 169–171, 170  
         AP view, 170  
         lateral view, 170–171  
     oblique *see* oblique plain radiographs  
 plantar flexors, foot, muscle palsy, 263  
 plasmacytoma, 201  
 popliteal fossa pressure test, sciatica, 167  
 positive extension test, low back pain, 198, 213  
 positive Lasègue sign, 166, 167  
 positive reinforcement, informed consent, 265  
 post-discotomy syndrome (PDS), 286–291  
     clinical features, 288, 288–289, 290  
     definition, 286  
     etiology, 286–287  
     occurrence, 287–288  
     pathogenesis, 286, 286–287  
     prevention, 291  
     prophylaxis, 291  
     severity, 288, 289, 289  
     treatment, 289–291, 291  
 posterior longitudinal ligament, 20, 20  
     pain, 66  
 posterior lumbar interbody fusion (PLIF), 293, 295  
 posterolateral fusion, 292, 293  
 post-fusion syndrome, 295–297, 296  
     definition, 295  
 postoperative care, lumbar disk surgery, 271, 271–274  
     phases, 272  
 postoperative instability, 287  
 post-traumatic cervical syndrome, 108–110  
     clinical features, 109–110  
     definition, 108

differential diagnosis, 110  
 etiology, 108–109  
 pathogenesis, 108–109  
 post-traumatic stress disorder, 350  
 posture  
     abnormal, 206–207  
     half-bowed, 326–327  
     head and neck, 57  
 intervertebral disks  
     biomechanics, 46  
     fluid, 25  
     lifestyle, 47  
     lumbago, 194  
     lumbar spine, 148–150  
         abnormalities, 165, 176  
         sciatica, 204, 206, 206, 207  
         standing, 326  
         unfavorable, 124–125  
         vibrations and, 27  
 prediscotic deformities, 55–57, 56  
     definition, 6, 55  
     thoracic spine, 56  
 pregnancy, low back pain, 199  
 premature aging, 6  
 “primary disk infections”, 36  
 primordial disk tissue, 16, 16  
 Pro-Disc prosthesis, 298, 298  
 progressive muscle relaxation (PMR), 319–320  
 prolapse(s), 5–6  
     achondroplasia, 38  
     cervical disks, 98, 98  
         nucleus pulposus, 86  
     covered, 154, 157  
     discosis, 43, 44, 52  
     disk tissue migration, 154–155, 155  
     lumbar syndromes, 154–156  
         CT scans, 174, 175  
         discotomy *see* discotomy  
         disk fragment degradation, 159  
         dislocation grades, 156  
         fluid uptake, 158  
         spontaneous changes, 156, 158–159  
     pH, 65  
     recurrent, 274  
     sciatica, 204–206, 205, 208  
         treatment contraindications, 116–117  
         *see also* herniation(s)  
     prone position, 328  
     prostheses *see* intervertebral disk prostheses  
     proteoglycans, osmosis, 22  
 protrusion(s), 5–6  
     brachialgia, 98  
     deformity severity, 34  
     discosis, 43  
     disk volume, 328  
     lumbar syndromes, 153–154, 154  
         CT scans, 174, 175  
         dislocation grades, 156  
         hip–loin extension stiffness, 202–203  
         sciatica *see* sciatica  
         *see also* specific protrusions  
     “pseudoradicular brachialgia”, 95  
     pseudoradicular syndrome, 68  
     pseudospondyolisthesis, 160

psychosomatic processes, pain and, 313  
 diagnosis, 316  
 treatment, 316–317  
*see also* mind–body interactions  
 psychotherapy, 319–320

## Q

quadriceps, muscle palsy, 262

## R

Racz catheter, 248  
 radicular pain, 66–68  
     chemical irritation, 68  
     features, 66  
     innervation pattern, 67  
     lumbar disk surgery, 273–274  
     mechanical nerve root irritation, 66–68  
     symptom distribution, 66  
     treatment, 68  
 radicular thoracic syndrome (intercostal neuralgia), 128, 129, 130  
 reclination test, 168, 168, 318  
 referred pain, definition, 63  
 rehabilitation  
     cervical syndromes, 124–125  
     lumbar syndromes, 222, 271  
 relaxation techniques, 319–320  
 retrospondylosis, 161  
 reverse Lasègue sign, 166, 166  
 rheumatic inflammation, 37  
 rickets, 39  
 running, 333–334, 334

## S

S1 rhizotomy, 168  
 S1 syndrome, 210–211, 216  
     clinical findings, 175, 177, 178  
     symptoms, 165, 211  
 S2–S5 syndrome, 211  
 sacral support corset, 227  
 sacroiliac joint, 195, 196  
 sacroiliac joint syndrome, 195, 196, 214, 296  
 SB-Charité prosthesis, 297–298, 298  
 scalene syndrome, 102  
 scarring  
     post-discotomy syndrome, 286, 286, 287  
     post-fusion syndrome, 296  
 Scheuermann disease, 34  
 Schmorl, Christian G., 4  
 Schmorl’s nodes, 46  
 “school headache”, 105  
 sciatica, 160–161, 164  
     causes, 204  
     definition, 8  
     differential diagnosis, 213–217, 215  
     discogenic, 306, 307  
     history, 4  
     pain reduction, 72  
     popliteal fossa pressure test, 167  
     posture, 204, 206, 206, 207  
     prolapse, 204–206, 205, 208

- sciatica  
  protrusion, 204–206, **205**  
  psychogenic, 316  
  radicular, 172  
  resolution, 164  
  temporal course, 306  
  treatment, 229, 229  
  *see also specific lumbar region syndromes*
- sciatic list, definition, **8**
- sciatic nerve  
  infection, 214  
  injection injury, 214
- sciatic nerve test, 167, 167
- scoliosis, 56  
  asymmetrical loading, 55  
  head and neck posture, 57, 57  
  torsion, 170
- sedatives, 114
- segmental degenerative disk disease, protrusions, 234–235, 235
- segmental instability  
  causes, 54  
  clinical significance, 54  
  definition, **8**, **53**  
  discosis *see discosis*  
  fusion surgery, 296  
  instability, 53–54  
  pathogenesis, 53–54  
  surgical indications, 54  
  *see also motion segment(s)*
- segmental mobility, patient examination, cervical syndromes, 89
- segmental syndromes, 99–102  
  cervical motion segment  
    affected segment localization, 100  
    anatomical relationships, 99–100  
    differential diagnosis, 102  
  lumbar motion segment, 211–212
- sensory irritative manifestations, lumbar syndromes, 163
- sequestered disk fragments  
  definition, **6**, **8**  
  *see also extradiscal fragments*
- shoulder(s)  
  cervical syndromes, 102  
  muscle tension, 95
- simple back pain, 9
- sitting, 323–326  
  back position, 324–325  
  chair angle, 324, 324–325  
  dynamic, 325–326, 326  
  forward position, 323–324, 325  
  hip extension, 325  
  hip flexion, 325  
  lumbar spine intradiscal pressure, 149, **149–150**  
  stress-reducing effects, 323, 324  
  upright position, 325, 325
- sleep  
  duration, 328  
  surfaces, 327, 328
- soft cervical collar(s), 111, 113, **113**
- soft disk protrusion, brachialgia, 98
- somatopsychic processes, 317
- spinal canal stenosis, 162, 215–216
- spinal dynamics, post-fusion altera-  
  tions, 295–296
- spinal fusion, definition, **8**
- spinal nerves, 64, 65  
  foramino-articular region, 65  
  lumbar, 65  
  meningeal branch, 64  
  mixed branch, 64  
  pain, **70**  
  spinal statics, post-fusion alterations, 295–296
- spinal stenosis, definition, **8**
- spinal trauma *see traumatology*
- spine  
  abnormal curvature, 55  
  aging *see aging/age-related changes*  
  axial compression, 29, 60–61  
  body language and, **315**  
  mind and, 313–320  
    depression, 314  
    organic factors, 315–317, **316**  
    psychosomatic changes, 315–317  
  nerve supply *see spinal nerves*  
  pain, 29  
  pain-free deformities, 66
- Spine Patient Outcomes Research Trial (SPORT), 273
- spondylarthrosis, 162, 195
- spondylitis, 95, 215  
  definition, 6  
  lumbosacral, 200  
  nonspecific, 36
- spondylodiscitis, 37, 271  
  definition, 6  
  epidemiology, **271**
- spondylogenic pain syndromes, 73
- spondylolisthesis, 56, 160, 199–200, 215  
  degenerative, 295
- spondylolysis, 56, 199–200
- spondylosis  
  definition, 6  
  osteophyte formation, 49
- spondylosis hyperostotica, 49, 50
- spondylotic exostoses, 105
- sports  
  activities, **336**  
  cervical spine and, 337–338  
  intervertebral disks, effects, 338–339, 339  
  lumbar spine and, 338  
  *see also specific sports*
- sprains  
  cervical syndromes, 109  
  motion segments, 60
- Spurling, C.L., intervertebral disk protrusions, 5
- staircase phenomenon, 91
- standing position, 326–327  
  lumbar spine intradiscal pressure, 149
- step positioning, 327  
  lumbar syndrome treatment, 219
- sternal syndrome, 95
- steroids, 231–232
- straight-leg raising test, 166–167
- straight-leg sitting test, 167, 318, 318
- stress-reducing positioning, lumbar syndrome treatment, 218–219
- stretch (distention) test, 89–90, 90
- subacromial syndrome, 97  
  cervical syndrome vs., **103**
- subluxation, 96
- superficial needling techniques, 218
- supradiscal extension  
  L3/4 prolapse and, 188–189, **189**  
  L4/5 prolapse and, 186, **187**
- suprapubic abdominal cushion, elastic traction belting, 228
- swimming, 334–335, 335
- systemic illness, 37–41

**T**

- tendinopathies, 95, 102
- therapeutic local anesthesia (TLA)  
  lumbar syndrome treatment, 230
- radicular pain, 68
- thigh extension stiffness, 202–203
- thoracic disk prolapse, 129
- thoracic motion segments, 127–128
- thoracic myelopathy, 128
- thoracic spinal canal, 127
- thoracic spinal nerve analgesia (TSPA), 130
- thoracic spine  
  nondegenerative disk diseases, 34  
  prediscotic deformities, **56**
- thoracic syndromes, 127–131  
  classification, 128, **129**  
  definition, 127  
  differential diagnosis, 129–130  
  infection, 130  
  operative techniques, 130  
  prevalence, 127  
  treatment, 130  
  tumors, 130
- thoracolumbar junction, 34  
  osteoporosis, 39
- Tietze syndrome, 130
- tilidine, **77**
- tinnitus, 105
- tissue turgor, bone density loss, 38
- toe drop, 210
- torticollis (wry neck), 89, 96, 96–97  
  manual therapy, 116  
  pain reduction, 72
- traction  
  cervical syndromes, 113, **113**, **115**, 115–116  
  force measurement, 225  
  lumbar syndromes, 224, 224–226
- traction bandage, 225, 225
- traction grips, 90, 116
- traction test, 225
- tramadol, **77**
- tranquilizers, 114
- transcutaneous electrical nerve stimulation (TENS), 220–221
- transitional vertebrae, lumbar spine, 137–138
- traumatology, 59–62  
  etiology, 59  
  hyperextension, 61, **109**  
  hyperflexion, 61, 61, **109**  
  injury types, 59

pre-existing degenerative changes, 59–60  
 tropocollagen, 22  
 tumors, 37  
   cauda equina, 216  
   cerebellopontine angle, 106  
   extraspinal, 214  
   spinal, 200  
   thoracic syndromes, 130  
   vertebral bodies, 215  
 turgor pressure, 23

**U**

uncinate processes, 80, 80–81, 81  
   dehydration, 86  
   development, 80  
   exostosis, 98–99, 103  
   osteophyte formation, 91

uncinate process exostosis, brachialgia, 98–99  
 uncovertebral osteophytes, 99  
 upper lumbar radiculitis, definition, 8  
 urological conditions, low back pain, 199

**V**

“vacuum phenomenon”, discosis, 48, 49  
 ventral epidural space, 135–136  
 ventral interbody fusion, 292, 293  
 ventral intercorporal fusion, 123  
 ventral plating, 292  
 ventral spondylodesis, 123  
 vertebrae  
   congenital fusion, 35  
   deformation, 39  
   vascularization, 16

vertebral artery, 81–82  
   blood flow, 104  
   compression, 82  
   uncovertebral region, 81  
 vertebral bodies, 16  
   bone density loss, 38–39  
   developmental disturbances, 33–35  
   displacement, 160  
   fracture, 62  
   ligament weakness, 59  
   tumors, 215  
 vibrations, posture and, 27

**W**

walking, 335  
 “whiplash” (acceleration-deceleration injury), 60, 61, 108, 346–351, 347  
 wry neck *see* torticollis (wry neck)