

Talking Back – A Practical Guide to Back Pain

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THIS IS MODERN MEDICINE

Back Pain Patients Are Challenging

Disc Desiccations

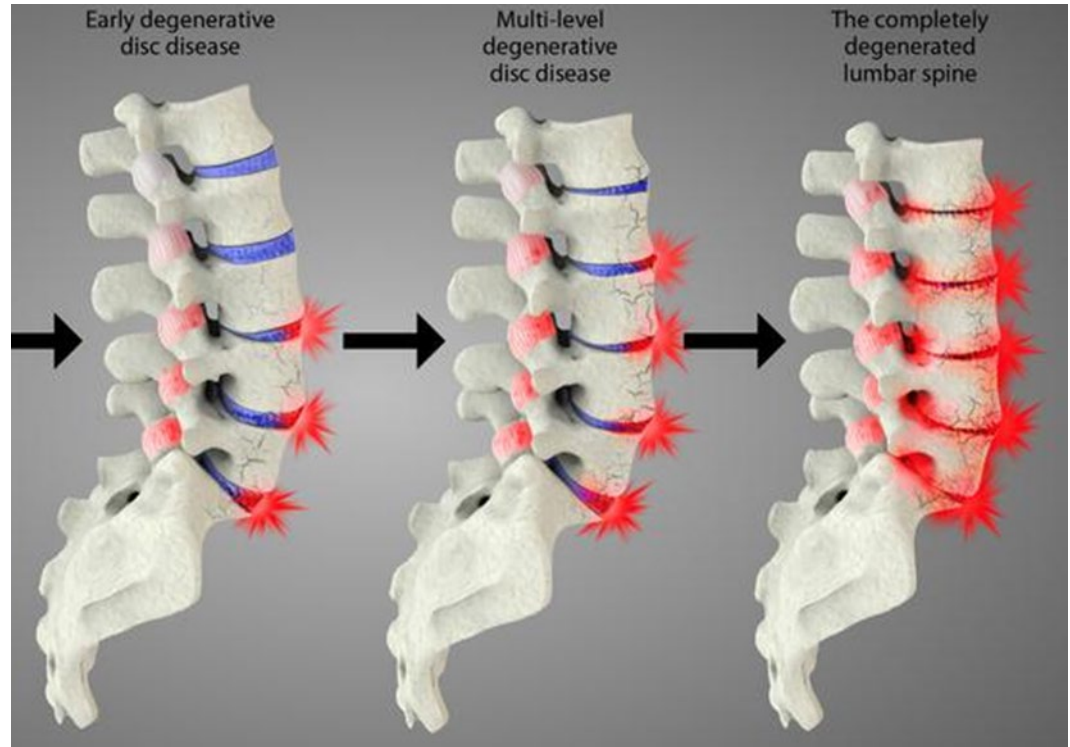
Facet Joint Arthropathy

Foraminal Stenosis

Schmorl's Nodes

Annular Fissures

Modic Changes



Spine Patients Take Time

10%-15% operative candidates

a) Rehabilitation & analgesia

b) Injection therapy

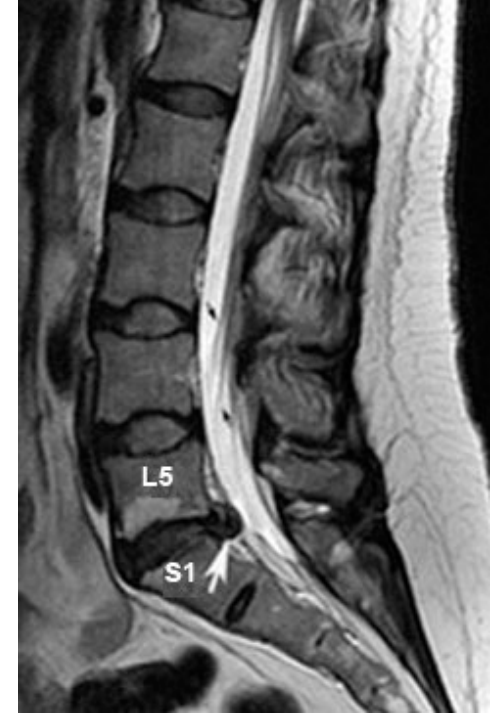
c) Surgery

MRI reports often do not correlate with symptoms



Pain Not Improving With Time Despite Rehab & Analgesia

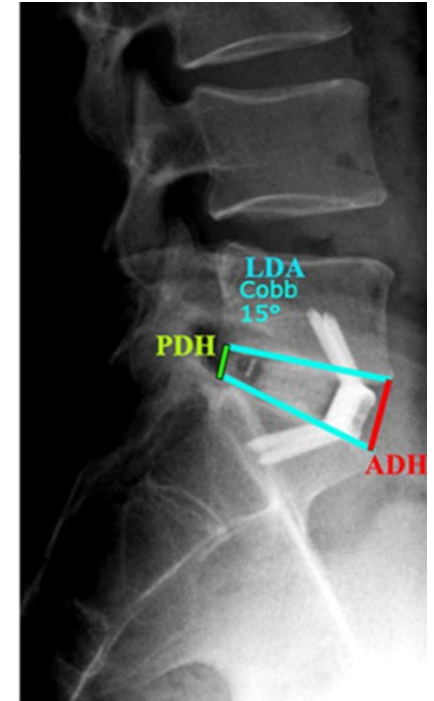
- Severe, relentless pain
- Same scan does not necessarily equal same symptoms
- Decisions not based on age



Case 1:

- 48yo, raised BMI
- 7 years severe mechanical low back pain
- Disc height collapse
- Facet joint arthropathy
- Loss of lumbar lordosis
- Painful degenerate disc

Anterior Lumbar Interbody Fusion



Case 2:

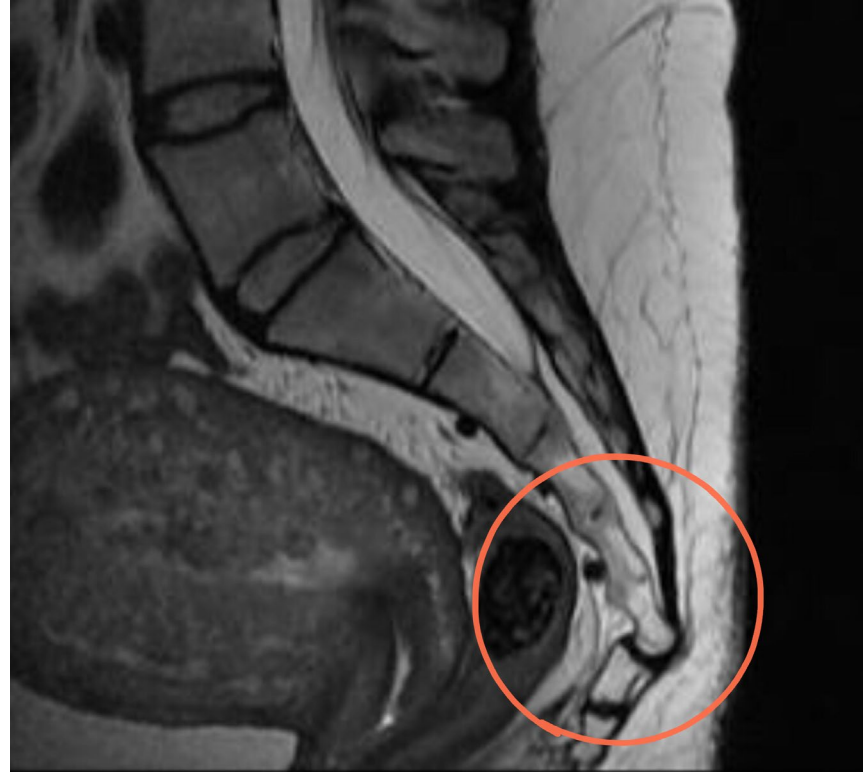
44yo Female

Severe coccydynia

80% will resolve with conservative management

Management:

- MRI to out rule sinister cause
- Diagnostic MUA & injection
- Coccygectomy – improves quality of life in 85%-90%



Case 3:

54yo male

20 years playing rugby in front row

Mechanical neck and shoulder pain

Degenerate discs cause

Degenerate facet joints &

Loss of cervical lordosis

Anterior cervical discectomy & fusion



Goal is to Improve Quality of Life

- No “cure” for back or neck pain
- 60-70% improvement in pain at one year for patients with appropriate indications
- Minimally invasive surgery & navigation continue to make spine surgery safer, less painful & more precise

Thank you



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