



## **Disk and Spine Disorders**

Emedicine's Lumbar Disk Disorders

<http://www.emedicine.com/emerg/topic303.htm>

Emedicine's Lumbar Degenerative Disk Disease

<http://www.emedicine.com/pmr/topic67.htm>

All About Back and Neck Pain: A Patient's Guide to Degenerative Disc Disease

<http://www.allaboutbackandneckpain.com/html/spinesub.asp?id=36>

Degenerative Disc Disease Support Group

[http://members.tripod.com/~DDD\\_Friends/](http://members.tripod.com/~DDD_Friends/)

see their list of links too at this site

Spine-Health.com: Degenerative Disc info for patients

<http://www.spine-health.com/conditions/degenerative-disc-disease>

Spine Universe

<http://www.spineuniverse.com/>

Medline Plus: Back Pain

<http://www.nlm.nih.gov/medlineplus/backpain.html>

American Academy of Orthopedic Surgeons: Herniated Disk

[http://orthoinfo.aaos.org/fact/thr\\_report.cfm?thread\\_id=185&topcategory=spine](http://orthoinfo.aaos.org/fact/thr_report.cfm?thread_id=185&topcategory=spine)

American Academy of Orthopedic Surgeons: Spinal Fusion

<http://orthoinfo.aaos.org/topic.cfm?topic=A00348>

Mayo Clinic: Herniated Disk

<http://www.mayoclinic.com/health/herniated-disk/DS00893>

Mayo Clinic: Back Surgery-When is it a Good Idea

<http://www.mayoclinic.com/health/back-surgery/HQ00305>

MedlinePlus: Herniated Disks

<http://www.nlm.nih.gov/medlineplus/herniateddisk.html#overviews>

Medline Plus: Neck Disorders and Injuries

<http://www.nlm.nih.gov/medlineplus/neckdisordersandinjuries.html>

Merck Manual—Home Edition

<http://www.merck.com/mmpe/index.html>

The following books and videos are available for free loan from the PRC library. For more information, please see [www.paralysis.org](http://www.paralysis.org) and click the Lending Library tab.

### Videos

**Spinal Degenerative Disc Disease.** Information Television Network, 2006. DVD  
Healthy Body Healthy Mind TV series.

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