

# Disk and Spine Disorders



## **American Academy of Orthopaedic Surgeons: Spinal Fusion**

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

This page has information on spinal fusion surgery, including a description of the procedure and discussions of potential complications, rehabilitation, and new research.

## **Mayo Clinic: Back Surgery – When is it a Good Idea?**

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

This article has information on conditions that may require surgery and types of back surgery.

### **Medline Plus: Back Pain**

<https://medlineplus.gov/backpain.html>

This page has general information on back pain and links to other resources, including information on diagnosis, symptoms, treatments, exercises, alternative therapy, pain management and coping.

### **Medline Plus: Neck Disorders and Injuries**

<https://medlineplus.gov/neckinjuriesanddisorders.html>

This page has general information on neck injuries and disorders and links to other resources, including information on diagnosis, symptoms, treatments, and clinical trials.

### **Medscape: Lumbar (Intervertebral) Disk Disorders**

<http://emedicine.medscape.com/article/827016-overview>

This page has epidemiological and clinical information on low back pain, including treatment options.

### **Merck Manual for Patients & Caregivers: Low Back and Neck Pain**

[http://www.merckmanuals.com/home/bone\\_joint\\_and\\_muscle\\_disorders/low\\_back\\_and\\_neck\\_pain/low\\_back\\_pain.html](http://www.merckmanuals.com/home/bone_joint_and_muscle_disorders/low_back_and_neck_pain/low_back_pain.html)

This page has information on conditions that can cause back and neck pain, and treatments. There are illustrated instructions for preventive exercises.

### **Spine Universe**

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

SpineUniverse provides information for patients and healthcare professionals on conditions related to the spine, including degenerative disc disease, spinal stenosis, arthritis, fibromyalgia, and scoliosis. The site has discussion boards and a specialist locator.

## **Degenerative Cervical Myelopathy**

### **Christopher & Dana Reeve Foundation fact sheet on DCM**

<https://www.christopherreeve.org/living-with-paralysis/free-resources-and-downloads/fact-sheets-a-z/topic-resources>

## **Degenerative Disc Disease**

### **Medscape: Lumbar Degenerative Disk Disease**

<http://emedicine.medscape.com/article/309767-overview>

This page has epidemiological and clinical information on degenerative disk disease, including treatment options.

### **Spine-Health: Degenerative Disc Disease**

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

This page has information, articles, and videos on degenerative disc disease.

## Herniated Discs

### **American Academy of Orthopaedic Surgeons: Herniated Disk**

[http://orthoinfo.aaos.org/topic.cfm?topic=A00334&return\\_link=0](http://orthoinfo.aaos.org/topic.cfm?topic=A00334&return_link=0)

This page has information on herniated disks including anatomy, causes, risk factors and prevention, symptoms, diagnosis, and treatment.

### **Mayo Clinic: Herniated Disk**

<http://www.mayoclinic.org/diseases-conditions/herniated-disk/home/ovc-20271246>

### **MedlinePlus: Herniated Disks**

<https://medlineplus.gov/herniateddisk.html#overviews>

This page has general information on herniated disks and links to other resources, including information on diagnosis, symptoms, and treatments.

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