

Disk and Spine Disorders



Cleveland Clinic: Spinal Fusion

<https://my.clevelandclinic.org/health/treatments/25168-spinal-fusion>

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.

Mayo Clinic: Spinal Fusion

<https://www.mayoclinic.org/tests-procedures/spinal-fusion/about/pac-20384523>

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 Consumers: Low Back Pain

<https://www.merckmanuals.com/home/bone-joint-and-muscle-disorders/low-back-and-neck-pain/low-back-pain?query=low%20back%20and%20neck%20pain>

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

Merck Manual for Consumers: Neck Pain

<https://www.merckmanuals.com/home/bone-joint-and-muscle-disorders/low-back-and-neck-pain/neck-pain?query=low%20back%20and%20neck%20pain>

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 in the Lower Back

<https://orthoinfo.aaos.org/en/diseases--conditions/herniated-disk-in-the-lower-back/>

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.

Merck Manual for Consumers: Herniated Disc

<https://www.merckmanuals.com/home/bone-joint-and-muscle-disorders/low-back-and-neck-pain/herniated-disc?query=low%20back%20and%20neck%20pain>

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