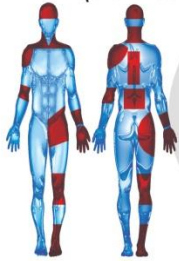


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THE **Pain** SOURCE

Friday, October 23, 2015

By Chris Faubel, M.D. —

This is an excellent example of an MRI showing **resorption of a rather large lumbar herniated disc** (a year after the first image). It is rare to see such a dramatic before-and-after, because either the patient has surgical excision of a disc this size, or because the disc resorbs and they no longer have back pain so a follow-up MRI is never taken.

This particular patient (32-33 year old male) had both MRIs taken while admitted to a local hospital for severe low back pain. The patient didn't have any neurologic deficits in October 2012, so no surgery was performed. A

short course of oral steroids and some physical therapy resolved the low back pain. Then, in October 2013, the severe pain returned and another MRI was taken.

This spontaneous, dramatic **auto-resorption** of the large disc herniation is a great patient education tool for patients with these imaging findings. "Yes, your disc herniation can just go away by itself sometimes."

Auto-Resorption of Lumbar Disc Herniation

Images courtesy Michael Wank, PA-C, at Midwest Orthopaedic Institute in Sycamore, Illinois



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