Disk and Spine Disorders

http://orthoinfo.aaos.org/topic.cfm?topic=A00348
American Academy of Orthopaedic Surgeons: Spinal Fusion
This page has information on spinal fusion surgery, including a description of the procedure and discussions of potential complications, rehabilitation, and new research.

http://www.depuysynthes.com/patients/aabp
DePuy Synthes: All About Back and Neck Pain
This site has information on a large number of conditions that cause back and neck pain and on treatment options, as well as a medical professional locator.

http://www.mayoclinic.com/health/back-surgery/HQ00305
Mayo Clinic: Back Surgery – When is it a Good Idea?
This article has information on conditions that may require surgery and types of back surgery.

https://medlineplus.gov/backpain.html
Medline Plus: Back Pain
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.

https://medlineplus.gov/neckinjuriesanddisorders.html
Medline Plus: Neck Disorders and Injuries
This page has general information on neck injuries and disorders and links to other resources, including information on diagnosis, symptoms, treatments, and clinical trials.

http://emedicine.medscape.com/article/827016-overview
Medscape: Lumbar (Intervertebral) Disk Disorders
This page has epidemiological and clinical information on low back pain, including treatment options.

Merck Manual for Patients & Caregivers: Low Back and Neck Pain
This page has information on conditions that can cause back and neck pain, and treatments. There are illustrated instructions for preventive exercises.

http://www.spineuniverse.com/

Spine Universe
Spine Universe 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 Disc Disease

http://www.depuysynthes.com/patients/aabp/resources/ddd
DePuy Synthes: Degenerative Disc Disease

Medscape: Lumbar Degenerative Disk Disease
This page has epidemiological and clinical information on degenerative disk disease, including treatment options.

http://www.spine-health.com/conditions/degenerative-disc-disease
Spine-Health: Degenerative Disc Disease
This page has information, articles, and videos on degenerative disc disease.

Herniated Discs

http://orthoinfo.aaos.org/topic.cfm?topic=A00334&return_link=0
American Academy of Orthopaedic Surgeons: Herniated Disk
This page has information on herniated disks including anatomy, causes, risk factors and prevention, symptoms, diagnosis, and treatment.

http://www.mayoclinic.org/diseases-conditions/herniated-disk/home/ovc-20271246
Mayo Clinic: Herniated Disk

https://medlineplus.gov/herniateddisk.html#overviews
MedlinePlus: Herniated Disks
This page has general information on herniated disks and links to other resources, including information on diagnosis, symptoms, and treatments.
LENDING LIBRARY

The following videos are available for free loan from the PRC library. For more information, please visit the online catalog at: [http://www1.youseemore.com/ReevePRC/default.asp](http://www1.youseemore.com/ReevePRC/default.asp)

**Videos**

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

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

This project was supported, in part by grant number 90PR3002, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorships are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.