



We are pleased to provide this list of commonly diagnosed spine conditions as a courtesy to patients. Please note that not all of diagnoses may be treated through the Mercy Hospital Springfield Medical Travel program.

Spine Diagnoses

DEGENERATIVE DISC DISEASE - (DDD) A condition in which the spinal discs dehydrate and shrink. DDD causes loss of disc height and less room between the vertebrae. DDD is a natural part of aging and over time all people will exhibit degenerative changes in their discs to varying degrees.

DISC HERNIATION -The bones (vertebrae) that form the spine are cushioned by smaller, flat, spongy discs. When these discs are healthy, they act as shock absorbers for the spine and keep the spine flexible. But when a disc is damaged, it may bulge or break open and pinch or press on a nerve root.

COMPRESSION FRACTURE - When the normal vertebrae of the spine are fractured or compressed to a shorter height. This is typically caused by trauma or osteoporosis.

MYELOPATHY - The gradual loss of nerve function caused by compression or trauma to the spinal cord. Myelopathy can be directly caused by spinal injury resulting in either reduced sensation or paralysis. Degenerative disease may also cause this condition, with varied degrees of loss in sensation and movement.

NECK OR BACK STRAIN - Muscle, ligament or tendon injury of the neck or low back often associated with whiplash or other spine trauma.

NEURALGIA - A sudden, intermittent pain extending along the course of one or more nerves.

NEUROFIBROMA - A tumor of the peripheral nerves due to an abnormal growth of fibrous and insulating cells.

NEUROPATHY - Any functional or pathologic disturbance of the peripheral nervous system.

OSTEOMYELITIS - Inflammation and pain of the bone due to an infection.

PERIPHERAL NEUROPATHY - Malfunctioning of one or more nerves outside the brain and spinal cord that typically results in pain or numbness. This is often caused by diabetes, chronic alcohol abuse or malnutrition.

RADICULOPATHY - Pain caused by a pinched or compressed nerve root that tends to be sharp or burning and has specific pattern. These patterns depend on which nerve is being compressed. Radiculopathy often accompanies a disc herniation.

SACROILLIAC (SI) JOINT PAIN - Pain caused by a number of conditions of the SI joint resulting in inflammation and pain in the buttocks that may extend into the legs. The SI Joint connects your spine to your pelvis.

SPONDYLOLISTHESIS - Anterior or forward displacement of one vertebra in relation to the vertebra above or below. This is often caused by a fracture of the spine.

SPONDYLOSIS - Spinal degeneration and deformity of the joints of two or more vertebrae. Commonly occurs with normal aging of the spine.

SPINAL STENOSIS -The spinal canal narrows and compresses the spinal cord or nerve roots. This is usually due to the natural process of spinal degeneration (arthritis and/or degenerative disc disease) that occurs with aging.