

# Case Studies: Lumbar Spine Discopathies - Patient Care and Imaging

## Course Syllabus

### Instructor Information

#### Instructors

William Moreau DC DACBSP  
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### General Information

**Description:** This six (6) hour distance-based course utilizes a Virtual Grand Rounds format providing clinical education for Doctor of Chiropractic regarding the evaluation, imaging, diagnosis, and treatment of patients with clinical presentations of lumbar disc disease. The coordination of imaging with the patient's clinical presentation is emphasized. The programming involves recorded presentations including the integration of a pertinent physical examination techniques, imagery analysis and clinical care interventions. Actual lumbar spine cases are used to engage learners in providing updates in diagnosis, management and treatment of specified clinical conditions.

### Learner Outcomes

- Recognize the agreed upon radiographic terminology related to disc pathologies.
- Identify the historical and physical examination of patient's presenting with a clinical presentation consistent with lumbar disc pathology.
- Interpreting the radiology report.
- Recognize the clinical presentation of upper versus lower motor neuron lesions.
- Review the imaging findings of lumbar discopathy.
- Recognize yellow flags to care and methods of management.
- Identify chiropractic methodologies in the management of lumbar discopathy.

### Course Schedule

Hour	Topic	Presenter	Category
1	Defining lumbar disc pathologies through the radiology report.	Beverly Harger DC DACBR	Radiology 1.0 Hr.
2	The clinical presentation of patient's with lumbar disc pathology.	William Moreau DC DACBSP	Physical exam 1.0 Hr.

Hour	Topic	Presenter	Category
3	Differentiating upper motor versus low motor neuron lesions, coordinating the physical and imaging findings.	William Moreau DC DACBSP Beverly Harger DC DACBR	Physical exam 0.5 Hr. Radiology 0.5 Hr.
4	Relating clinical presentations to diagnostic imaging findings.	William Moreau DC DACBSP Beverly Harger DC DACBR	Physical exam 0.5 Hr. Radiology 0.5 Hr.
5	Clinical management and imaging of atypical multilevel lumbar disc disease.	William Moreau DC DACBSP Beverly Harger DC DACBR	Physical exam 0.5 Hr. Radiology 0.5 Hr.
6	Clinical management and imaging of atypical etiologies consistent with lumbar disc presentations.	William Moreau DC DACBSP Beverly Harger DC DACBR	Physical exam 0.5 Hr. Radiology 0.5 Hr.
Total	3 Radiology hours	Beverly Harger DC DACBR	
	3 Physical exam and differential diagnosis hours	William Moreau DC DACBSP	

## Additional Information and Resources

### Selected Course References

1. Fardon, D. F. (2014). Lumbar disc nomenclature: Version 2.0. *The Spine Journal*, 21.
2. Kim, H. S., Wu, P. H., & Jang, I.-T. (2020). Lumbar Degenerative Disease Part 1: Anatomy and Pathophysiology of Intervertebral Discogenic Pain and Radiofrequency Ablation of Basivertebral and Sinuvertebral Nerve Treatment for Chronic Discogenic Back Pain: A Prospective Case Series and Review of Literature. *International Journal of Molecular Sciences*, 21(4).
3. Humphreys, S. C., & Eck, J. C. (1999). Clinical Evaluation and Treatment Options for Herniated Lumbar Disc. *American Family Physician*, 59(3), 575.
4. Azad, T. D., Vail, D., Bentley, J., Han, S. S., Suarez, P., Varshneya, K., Mittal, V., Veeravagu, A., Desai, M., Bhattacharya, J., & Ratliff, J. K. (2019). Initial Provider Specialty Is Associated With Long-term Opiate Use in Patients With Newly Diagnosed Low Back and Lower Extremity Pain: *SPINE*, 44(3), 211–218.
5. Mehra, A., Baker, D., Disney, S., & Pynsent, P. (2008). Oswestry Disability Index Scoring Made Easy. *Annals of The Royal College of Surgeons of England*, 90(6), 497–499.
6. Lisi, A. J., Holmes, E. J., & Ammendolia, C. (2005). High-Velocity Low-Amplitude Spinal Manipulation for Symptomatic Lumbar Disk Disease: A Systematic Review of the Literature. *Journal of Manipulative & Physiological Therapeutics*, 28(6), 429–442.
7. Hasz, M. W. (2012). Diagnostic Testing for Degenerative Disc Disease. *Advances in Orthopedics*, 2012.
8. Degenerative Disc Disease: What is in a Name? (n.d.). *Medscape*. Retrieved February 16, 2021, from <http://www.medscape.com/viewarticle/920018>