



Shared Decision Making (SDM) Support Assessment Form

What kind of treatment should I get for neck or back pain with/without limb pain?

Introduction:

1. When you have neck or back pain, you can rest more, reduce your activity and receive physical rehabilitation therapy. Depending on the location of the pain, it can be divided into three major areas: head, shoulder and neck area, middle back and side waist area, lower back and pelvic area. The possible causes may be sprains, fractures, disc herniation, degenerative spondylitis, spinal stenosis, spondylolisthesis and other reasons. Through the international medical service arrangement of Cheng-Hsin General Hospital, professional neurosurgeons will carefully evaluate and may use our advanced medical technology to arrange precise X-rays, computer tomography (CT scan), magnetic resonance imaging (MRI) or nerve conduction tests. The doctor will take into account multiple factors such as the patient's age, the severity of nerve compression, labor demand, and the stability of the spine, and give the most appropriate treatment recommendations based on these evaluations and test results.
2. If you have already undergone an examination and evaluation and need to seek a second medical opinion evaluation, our hospital also provides advanced medical technology to provide accurate and professional evaluation and follow-up treatment recommendations, so that patients and their families can fully understand and choose the follow-up treatment method in a short time.

Applicable objects / situations:

People with neck or back pain with/without limb pain.



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Disease introduction:

What is disc herniation?

The structure of the intervertebral disc includes the peripheral annulus fibrosus and the central nucleus pulposus. When the annulus fibrosus tears, it is called disc rupture. At this time, the patient will feel severe lower back pain, but there is no lower limb numbness, pain and other sciatica-related symptoms. Disc herniation is an aggravated condition of disc rupture, that is, after the annulus fibrosus tears, the central nucleus pulposus squeezes out from the opening. If the protrusion of the nucleus pulposus is too large, it may compress the nerve and cause lower limb neurological symptoms.

What is degenerative spondylitis?

With age, long-term smoking, poor posture, obesity, long-term heavy work load, long-term bending work, etc., it will cause a burden on the spine and trigger the process of degenerative spondylitis, such as disc rupture and degeneration, spinal osteophyte hyperplasia, yellow ligament hyperplasia, etc., which may eventually cause back pain or nerve compression neuropathy.

What is spondylolisthesis?

In addition to congenital spinal structural abnormalities causing spondylolisthesis, as the human body ages, accompanied by muscle loss (sarcopenia), long-term incorrect posture or spinal joint degeneration, causing spinal instability and spondylolisthesis, it will also cause spinal pain and nerve compression.

What is spinal stenosis?

If the disc herniation, yellow ligament hypertrophy or relaxation causes folding and reduces the space of the spinal canal, it will cause spinal stenosis.



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Treatment introduction:

1. **Image-guided nerve block or radiofrequency ablation:** Use ultrasound or C-arm to locate the lesion nerve and give anti-inflammatory drugs or pulse wave stimulation to achieve the effect of quickly relieving pain.
2. **Endoscopic decompression surgery:** A minimally invasive surgery that can preserve most of the bone joint and ligament structure, reduce the chance of nerve adhesion, and quickly recover to daily life.
3. **Minimally invasive internal fixation and bone fusion surgery:** Use precise navigation to implant screws and use high-level microscope to remove the lesions that compress the nerves, reducing the chance of nerve damage.