

Episode #6

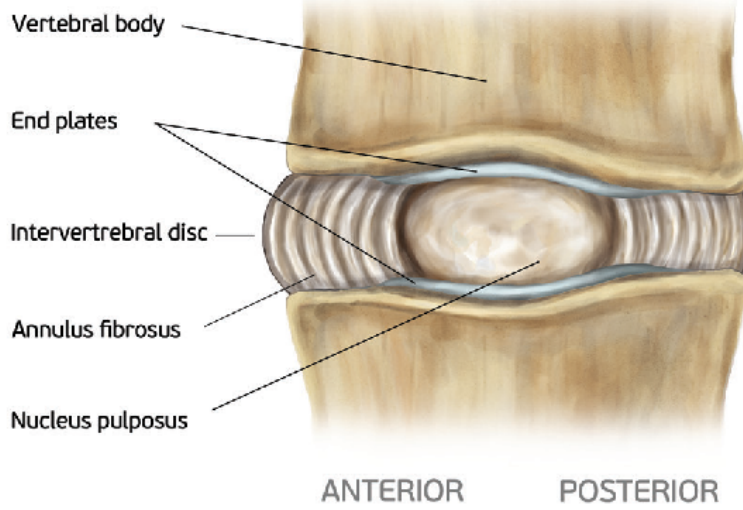
What is a disc bulge?



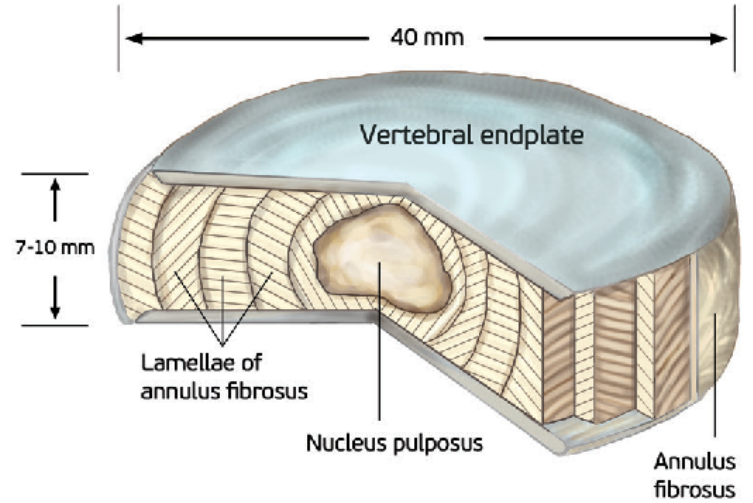
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Caption

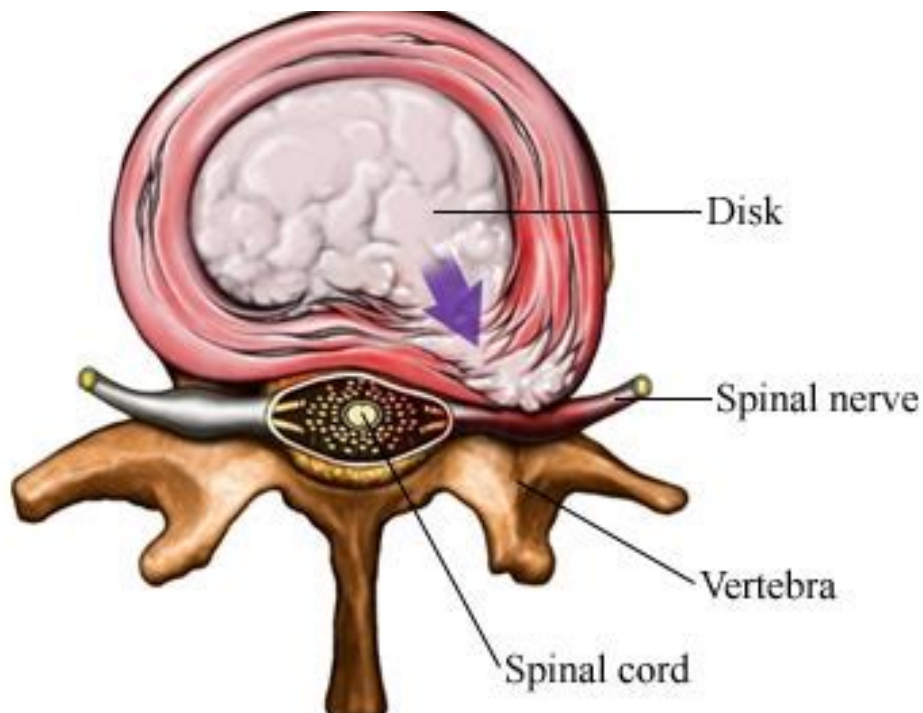
A



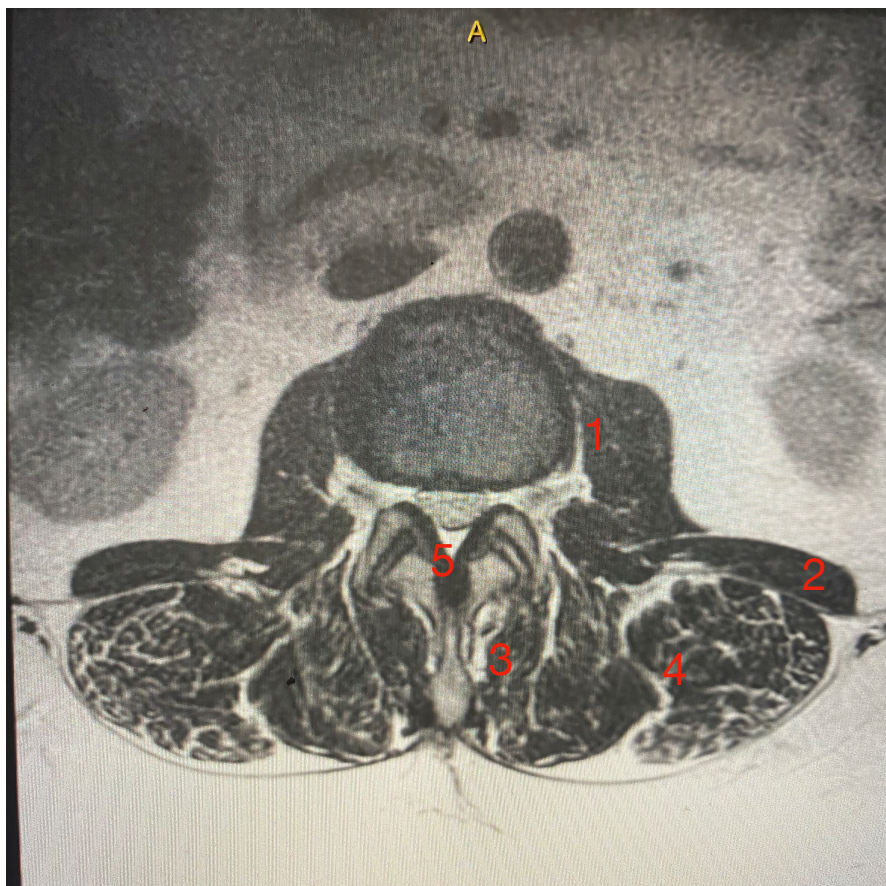
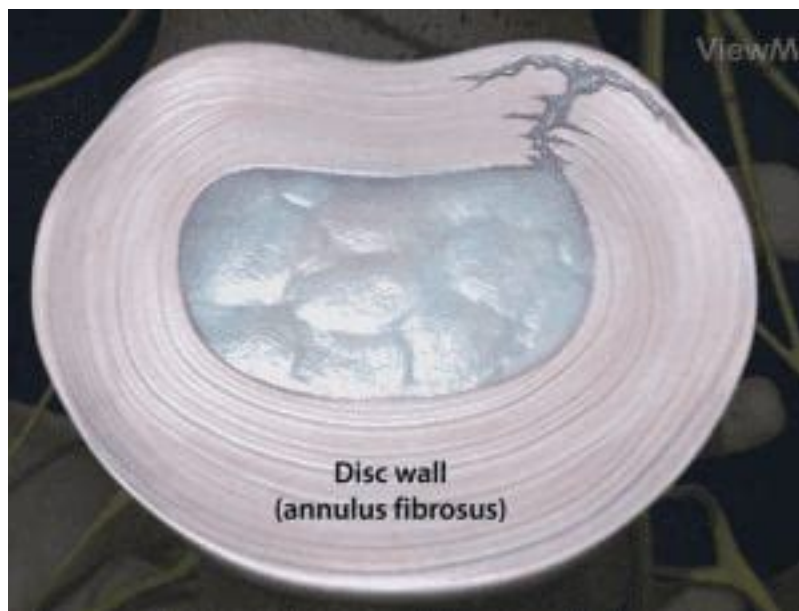
B



Caption



Caption



1. “Filet Mignon”- this is the psoas. See how it is darker? Patient is overusing this muscle

2. Quadratus lumborum - works with psoas as a super stabilizer
3. Multifidus - important muscle in spine stability - shut down by facet radio frequency ablation for 3 years, Lighter here as patient is under using it
4. "Kansas City Strip" - Spinae Erector muscles- also stabilizers, as they help stabilize the pelvis - Under utilized in this patient as they are not dark
5. Ligamentum Flavum - This ligament thickens to stabilize the spine and leads to spinal stenosis

Intro: Episode #6 Disc Bulge

In this episode we again take on common, accepted knowledge in spine science and discuss how discs really break down. From the basics of heat control in a moving disc to our process of keeping patients from needing repeat epidurals. This is an important podcast as we hope to shift the conversation of spine health with an understanding of how discs breakdown to change how we preserve and protect them. At the end, we discuss how insurance companies can save our health system.

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