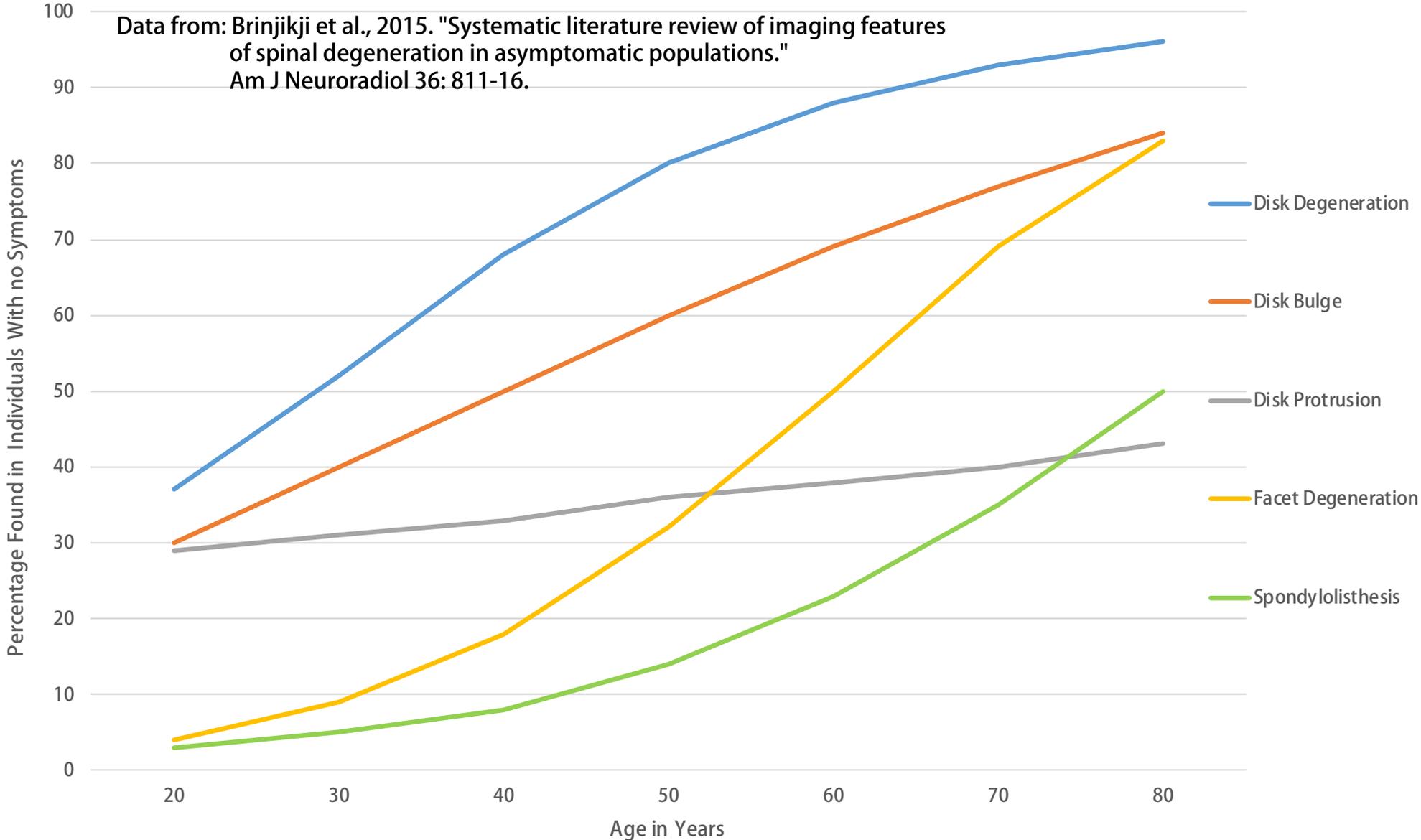


Data from: Brinjikji et al., 2015. "Systematic literature review of imaging features of spinal degeneration in asymptomatic populations." Am J Neuroradiol 36: 811-16.



The important takeaway message:

Although you may have some interesting findings on MRI, Xray or CT scan, the evidence suggests that those findings may not be the source of your complaints.

As we age, our bodies undergo changes, not all of which are pretty. It is always wise to get a second opinion before committing to surgery, with its potential risks.

New evidence suggests that many common complaints can be taken care of with only a few pleasant visits to your friendly neighborhood physical therapist.

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