

## **Broad Categories of Potential Treatment Options for Degenerative Spinal Disorders – Disc & Facet Conditions, Spinal instability & Stenosis, etc.**

*There are many options. However, not all options may be appropriate for every patient. Many factors could influence the choice of treatments (such as severity of symptoms, type of pathology, co-morbidities, potential benefits & risks of the option, patient's preference & circumstances, etc). The quality of available evidences to support each option is varied.*

### **1) No Active treatment**

### **2) Non-invasive treatments – by Medications for**

- **Back pain** - Anti-inflammatory drugs - (Brufen, Naproxen, etc); Weak opioids like Codeine (+ / - Paracetamol); Diazepam (for Spasm)
- **Sciatica or Radicular pain** - Anticonvulsants OR Tricyclic antidepressants (Gabapentin, Pregabalin OR Amitriptyline, Duloxetine); Opioids derivatives - (tramadol, etc); Topical ointments (capsaicin cream, etc); **Transdermal (skin) Patch**; Others

### **3) Non-invasive treatments – Other than Medications**

- **Self-management** (with personalised advice tailored to patient's capabilities & needs); **Activity & Postural Modifications**; Cold & Hot Packs
- **Patient Education** – Education regarding the natural progression of your conditions & the short & Long term outcomes
- **Exercise** (tailored); **Manual therapies** – Manual therapy (spinal manipulation, massage, etc.), **Traction**; **Physiotherapy**; **Osteopathy**;
- Alternative Therapy** - **Acupuncture**; **Orthotics** (to balance the Spine in patients with deformity & Limb length discrepancy)
- **Electrotherapies** – **Ultrasound**, **TENS** or **PENS** – **Trans or Per cutaneous electrical nerve simulation**; **Interferential therapy**; Others
- **Combined Physical & Psychological programmes** (with cognitive behavioural approach); Return-to-work programmes; Others

### **4) Invasive treatments - Other than Surgery**

- **For Sciatica Pain** - Spinal injections such as - Epidural Injection with Steroid & Local anaesthetic (**Transforaminal, Posterior, Caudal**)
- **For Back Pain** - Medial branch Block injection → **Radiofrequency Denervation (Rhizolysis)**; **Facet joint Injection**; **Regeneration therapy**; etc.

### **5) Invasive treatments - Surgical Options**

- **Spinal decompression & Discectomy**
- **Spinal fusion & Stabilisation** (may be for certain spinal instability such as spondylolisthesis, etc OR to be carried out as part of a research)
- **Disc replacement** & Others

**Before deciding your treatment option, please ensure you check further information for these treatment options, from other sources (Online, Guidelines, etc)**

*NICE guidelines provide broad recommendations (based on available research) - <https://www.nice.org.uk/guidance/ng59/chapter/Recommendations> - (Options in Orange font not recommended)*