

Do you suffer from
a herniated disk?

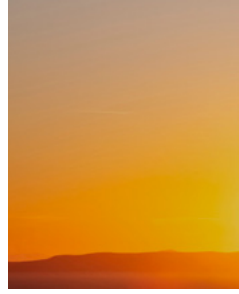


Patient information

PLDD

Minimally invasive laser therapy
for herniated discs

What is a herniated disc ?

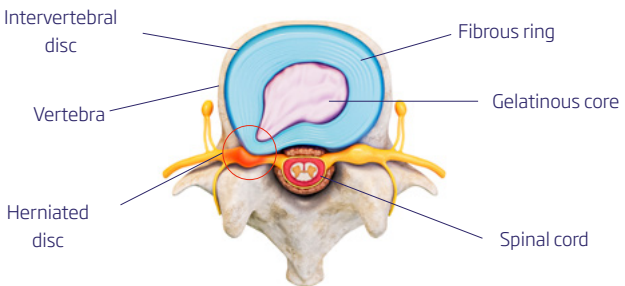


Our spine has 23 intervertebral discs that sit between the vertebrae as buffers. They ensure the stability and mobility of the spine. Intervertebral discs consist of a firm yet elastic fibrous ring and a soft gelatinous core. As we age, the water content of the intervertebral disc decreases.

Elasticity decreases and the fibrous ring becomes brittle. If the gelatinous core presses on the fibrous ring at such a point, the disc is said to be herniated. The deformed disc can apply pressure on a nerve, resulting in pain.

Causes

In addition to age-related signs of wear and tear, there are other risk factors that promote a herniated disc, so that young people are often affected. Frequent sitting, being overweight or carrying heavy loads can lead to an incorrect load on the spine and thus to a herniated disc.



Among **1000 people**, between 5 and 20 adults suffer from a **herniated disc**. People between 30 and 50 years are particularly often affected and men twice as often as women.



Symptoms

The following symptoms may indicate a herniated disc:

- Sudden onset or increase in back pain.
- Tense muscles in the affected area
- Tingling, numbness or radiating pain in adjacent body regions
 - Herniation of the lumbar spine may also be felt in the buttocks or leg
 - Herniation of the cervical spine may also be felt in the neck, back of the head, arm or hand
- In particularly severe cases, paraplegic syndrome with loss of sensitivity and signs of paralysis

Diagnosis and therapy

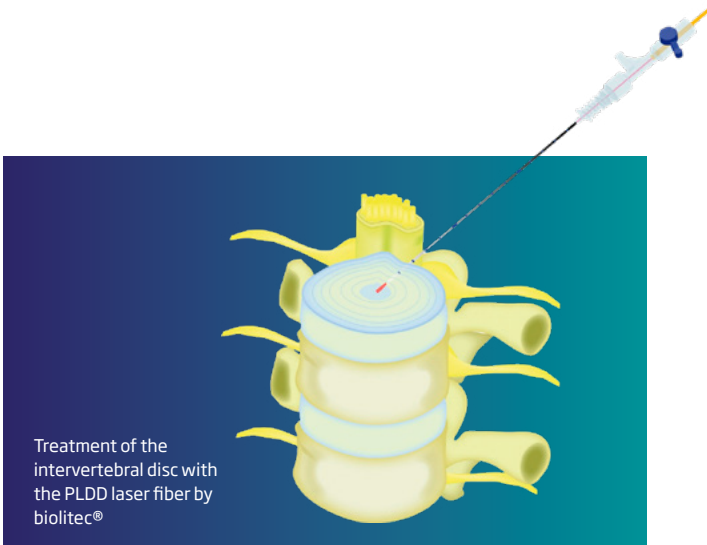
A herniated disc can be reliably diagnosed using imaging procedures such as computer tomography (CT) and/or magnetic resonance imaging (MRI).

If a herniated disc has been diagnosed, the doctor usually relies on conventional therapy in the form of physiotherapy, heat and painkillers. If there is no improvement or if the symptoms worsen, the doctor may order back surgery.

Minimally invasive laser therapy PLDD

In PLDD laser therapy (percutaneous laser disc decompression) by biolitec®, a laser fiber is guided to the affected disc via a small puncture. The laser light beam „vaporizes“ tissue of the gelatinous core. This can reduce the pressure on the nerves and reduce the disc herniation. The heat-induced reduction of tissue also ensures that pain signals are no longer transmitted to the brain. Chronic pain can be eliminated as a result.

The extremely precise laser therapy is suitable for treating herniated discs in both the lumbar and cervical spine and is performed under CT guidance. During the treatment you are awake, general anesthesia is not necessary. Painful facet joints (joints between the vertebrae) can be treated in the same session.



Advantages of the PLDD laser therapy

- Minimally invasive procedure without incisions
- Outpatient treatment
- Only local anesthesia
- No scarring or adhesions to sensitive nerve regions
- Fast recovery
- Particularly precise method

LEONARDO® DUAL 45 laser
by biolitec®



For more information about the PLDD treatment don't hesitate to contact us: +49 6172-27159-11.
You will receive medical information directly from your physician.

Your physician on site

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