

# DISCOGRAPHY

Discography is strictly a diagnostic test. It is a way to figure out if pain is or is not coming from a disc. Many structures in the spine can cause pain. Many times the pain from one source can feel the same as pain from a different source. It is very important to know exactly what structure is causing the pain, because different problems require very different solutions. If you hurt your arm, the doctor can grab your arm and twist, push, or pull to see if and where it hurts. Obviously, you can't do that to a disc. However, a disc can be tested as a pain source by placing a thin needle in the disc and injecting a small amount of dye pressurizing the disc. A normal disc will not have pain. An abnormal disc will have pain. This procedure is done with twilight anesthesia. Discs throughout the spine can be tested.