

Dear Client,

This is your second opinion report.

How to read the report

1. Always consult your findings with your doctor.
2. Please bear in mind that the report is based only on the information you provide and Diagnose.me specialists will not have the opportunity to examine you personally.
3. If you or your doctor have any follow up questions related to this report, you can ask your chosen specialist follow up questions for 10 days following the delivery of this report.
4. For a more in-depth discussion, your selected specialist may offer a video consultation to discuss your questions. Please note that there is an extra fee for this service.
5. Please feel free to contact us anytime. We are here to support you on your way to recovery.

We wish you a quick recovery and hope that this report will contribute to finding the correct diagnosis and effective treatment,

Your Diagnose.me team

Diagnose.me Case Report

Case number [REDACTED]

Created on [REDACTED]

Specialist

Georg Michael Hess



Profile link:

<https://www.diagnose.me/en/radiologists/georg-michael-hess>

1. Clinical information

Gender [REDACTED]

Year of birth [REDACTED]

2. Details of examinations

Medical data	Description	Date of exam
[REDACTED]	[REDACTED]	[REDACTED]

3. Patient's question

I am [REDACTED] years of age. I have worked at sea in a small 6metre rigid inflatable boat with (no shock mitigating seating) for the last 17 years [REDACTED]. 10 years ago or thereabouts I started suffering with bad bouts of lower back pain after traumatic events of the boat pounding or slamming in heavy seas, I sought the relief from an osteopath on 15 occasions but after all that time I was told to seek the opinion of an orthopaedic specialist, which I did, since then I have undergone decompression surgery and now due to have XLIF procedure middle of [REDACTED]. I would be most grateful if you could let me have your report in setting out your views as to whether the MRI/CT scan images indicate spinal changes which could on a balance of probabilities could have been brought about by long-term exposure in the form of spinal compression forces imposed upon my spine over an extended period including any end plate fractures that are indicative of damage brought about by whole body vibration, its to know whether in your opinion some or all of the changes are more likely than not to constitute signs of such damage having occurred to my spine by this trauma. I have no other orthopaedic problems and have never broken a bone nor attended hospital for any other reason. Should you require anything further before being able to provide your opinions in relation to these images then please do not hesitate to contact me. I am most grateful for your assistance in regard to this matter, and I look forward to hearing from you. Kind regards [REDACTED]

4. Description of findings

Dear [REDACTED]

Thank you for your consultation and providing all this information.

I did see everything, except the previous report by the radiological colleague, which I could not download.

What is most likely causing your pain is the levels L3/4 and L4/5, which have been operated before: L3/4 bilateral, L4/5 on the left. It seems that the surgeon did a good job. However, there is also and still some kind of instability in these two levels, mainly because of the decreased disc height.

This is why a fusion surgery has been suggested and XLIF is one technical possibility to do this (and a good one if the surgeon is experienced with it).

The images also show an old Schmorl's node in the lower endplate of L4 and mild endplate changes from D10-L3. These changes look like you have had Scheuermann's disease while you were adolescent.

5. Conclusions and Advice

Your main question is related the possibility of these degenerative findings having been caused by repetitive trauma, like WBV. The answer is yes and no!

Unfortunately, there are NO specific changes due to WBV. Repetitive traumata are per se not severe at all, it is the quantity over years, the millions of loading cycles and small impacts which lead to an earlier degeneration. But it is the same degeneration others have, only it starts earlier and progresses faster, if the cause is not stopped.

I have searched on the internet regarding a threshold or a possibility to cumulate the traumata to say, after so and so many years of exposure this is likely to happen, but did not find anything. (This exist for example for the ramp agents and loaders at the airport, where you can calculate the number of suitcases, their average weight and the years of working).

On the other hand, there is a possibility, that the degenerative changes of the endplates are not caused by the Scheuermann, but by the repetitive stress.

In my opinion your spine does not look terrible, many people have a spine like this at age



But I suggest you find a lawyer, who is experienced in this kind of work compensation issues; perhaps he can compare with other cases.

In Germany WBV is also officially recognized as workmen' disease, e.g. in truckers. However, in my 17 yrs. of seeing spine patients and having seen about 30.000, I have to say there was no one with this kind of disease.

All the best for the surgery and please contact me in case there are more questions.

Best

Dr. Michael Hess

Patient feedback

Mr Hess has provided me with expert advice and he has helped me understand my spinal condition and which direction I should be heading.

I much appreciated his expert knowledge as a world class surgeon and therefore to provide assurance to me of my health situation.

Many thanks

