

Intradiscal endothermal therapy

(IDET): AKA intradiscal (electro)thermal annuloplasty (IDTA). Efficacy: 23–60% at 1 year for treating “internal disc disruption” ¹⁾ (radial fissures in the nucleus pulposus extending into the annulus fibrosus) which is purported to account for 40% of patients with chronic low back pain of unknown etiology ²⁾.

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<html><iframe width="560" height="315" src="https://www.youtube.com/embed/CuDuj0tji8Y"
frameborder="0" allowfullscreen></iframe></html>
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¹⁾

Karasek M, Bogduk N. Twelve-month follow-up of a controlled trial of intradiscal thermal annuloplasty for back pain due to internal disc disruption. Spine. 2000; 25:2601–2607

²⁾

Schwarzer AC, Aprill CN, Derby R, et al. The prevalence and clinical features of internal disc disruption in patients with chronic low back pain. Spine. 1995; 20:1878–1883

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