

Modern terminology regarding lumbar spine pathology among athletes

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Abstract

Lumbar spine pathology is a public health issue for the general population owing to the huge number of affected persons and to its medical and social consequences. Still, there are few studies conducted on top athletes with this problem reported in the international literature. We also noticed a lack of set principles for the low back pain syndrome standard treatment in this special category of patients. Sport related traumas are difficult to be classified. Most of these lesions determine local inflammatory tissular response, but some of the intimate tissular damage has a degenerative response. The physician in charge with dealing with sports trauma, diagnostic and treatment has to be familiar with the acute and chronic evolution of lumbosacral spine trauma and with the normal biological capacity of healing in sportsmen. We will separate macrotrauma and microtrauma as a modern approach to this type of pathology. Therefore a modern macrotrauma classification for athletes is presented taking into account the trauma appearance and the morphological lesions. We offer the most used terms in the literature and we consider of great importance the knowledge of these terms in order to establish a valid algorithm for an accurate diagnosis and a specific treatment protocol.

Keywords: lumbar spine, sportsman, trauma, specific treatment.