

## Spine / Back / Neck

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### Spinal Disks

#### Personal Discussion

A personal discussion always comes first, before any high-tech examinations, since in 90 percent of all cases, this already enables a relatively accurate suspected diagnosis. Specific questions can help to achieve this:

- When did the phenomenon start?
- When did the pain set on?
- Is the pain always the same or does it change?
- Where exactly is the pain located?
- Where does it radiate to?
- What makes the pain stronger?
- Does it hurt when the patient coughs, sneezes or exerts pressure?
- Does it get better when sitting down or walking?

Only then specific physical examinations take place, while the patient is standing up or lying down, including neurological function testing.