Don't have:

Stenosis - narrowing of spinal cord

Facet arthrosis - degeneration of facet joint, wearing of cartilage (Back part of spine, looks sort of like small ball and socket. Joints glide over each other as spine moves)

Vertebral body; fracture -break

metastasis - tumor

Intrinsic intrathecal abnormalities -curvature?

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1. Will osteoporosis show up on an MRI?

2. Can heavy use of topical hydrocortizone ( over 2 years) cause even mild osteoporosis?

3. Could neither the small herniation and/or the mild degeneration be causing the pain?

4. What exactly is degenerating @ L5-S1?

5. Can disk degeneration be reversed?