

Lumbar Disc Herniation in a 12-Year-Old Patient: Short Report

12 Yaşında Bir Hastada Lomber Disk Herniyasyonu: Kısa Rapor

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CASE REPORT

Herniated lumbar discs are rare in the pediatric population (2). Patients in their first or second decades of life who present with back pain without sciatica or painless scoliosis have been found to have a central lumbar disc herniation (3). In the review of the literature; the offending disc under the age of 20 years was at L5-S1 in 75%, the disc protrusion was central in 75% and only 20% complained initially of sciatic pain (4). In an outcome study of surgically treated lumbar disc disease in the pediatric population, it is shown that lumbar disc disease in the pediatric population does not appear to lead to chronic complaints of back pain, and it does not appear to have a negative impact on overall health and that it may be a separate entity distinct from adult lumbar disc disease with better long-term outcome (1).

Here we report a case of a 12-year-old boy who was admitted clinic with low-back pain which had started two months ago after a minor

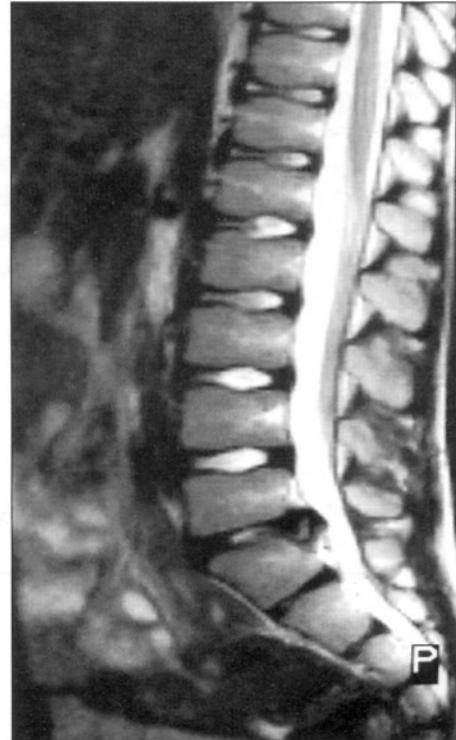


Figure 1. Sagittal T2-weighted MRI scan of the protrusion at L5-S1 level

trauma and had no relief with medical therapy. On examination, no neurological deficit was found and lumbar magnetic resonance imaging (MRI) revealed a central disc herniation at L5-S1 level (Figure 1). After 20 days of conservative treatment without pain relief, the boy underwent surgery and had a good recovery without pain.

Lumbar disc disease in the first two decades may be missed because of the absence of sciatica, and therefore, a neurosurgeon must be aware of this reality in the pediatric age group.

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