

50-year-old female presenting with lower back pain

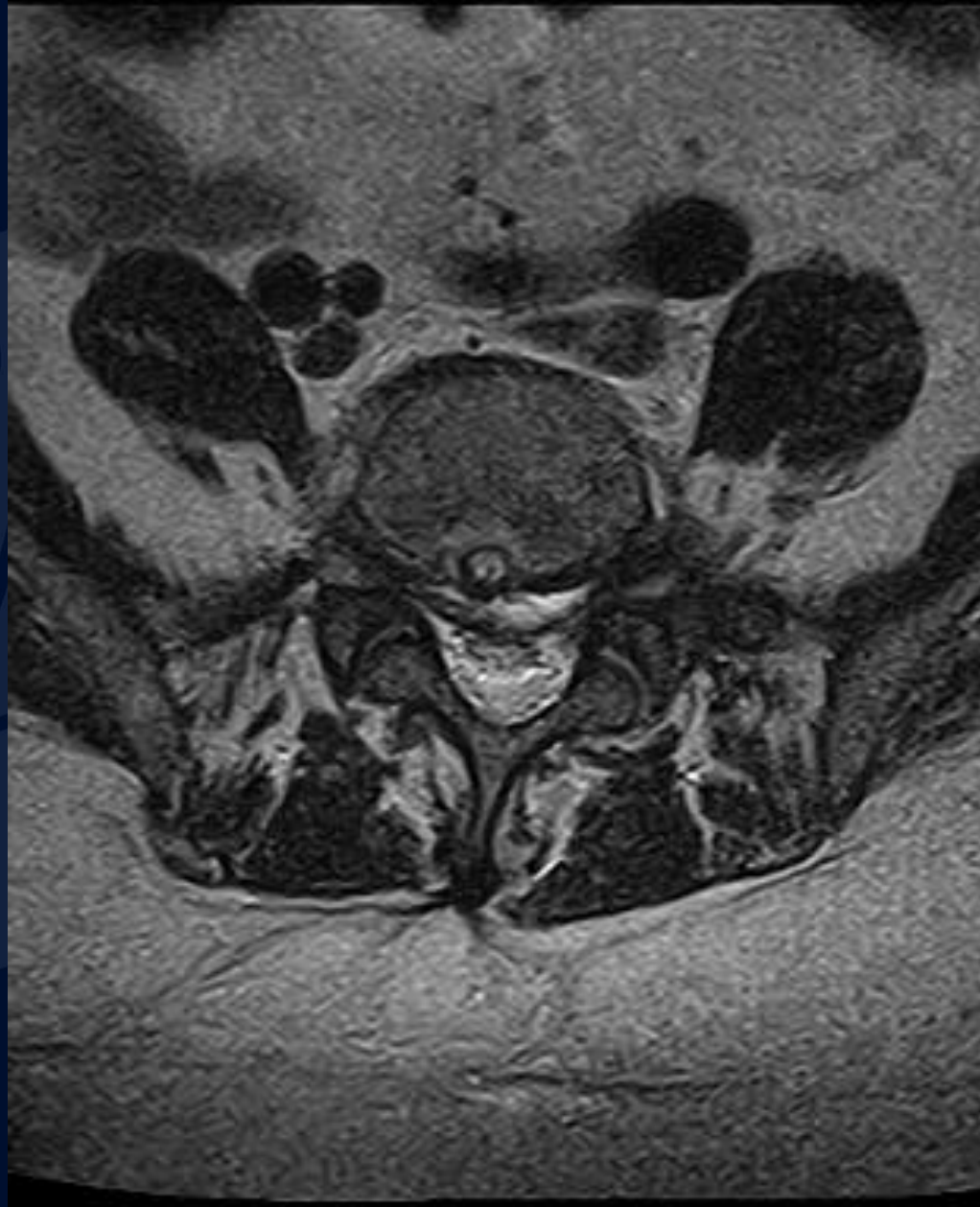
Andrew Klufas, MD, MBA

Racquel Helsing, MD

MRI T2



MRI T2



A large, stylized oak leaf graphic in a dark blue color, positioned on the left side of the slide. It features detailed vein patterns and a lobed edge.

?

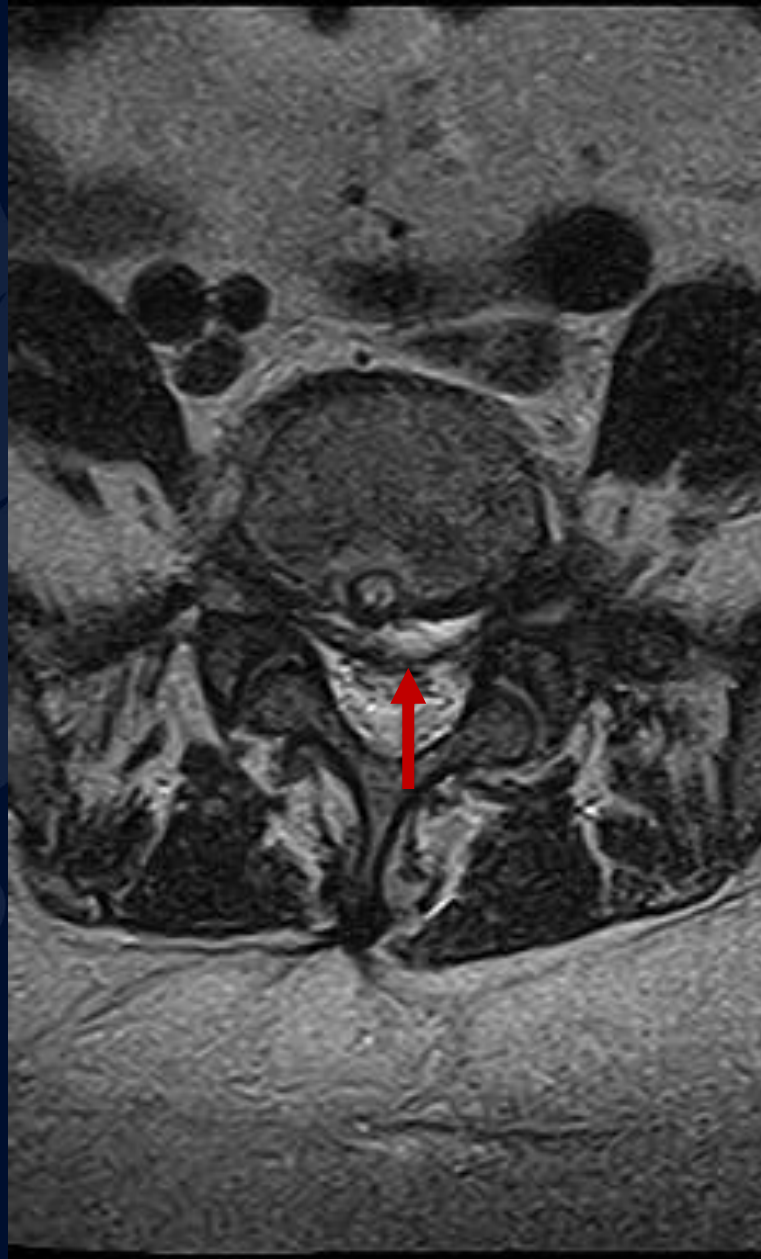
Lumbar Discal Cyst

MRI T2



High intensity cyst
originating from the
L5-S1 disc space
with bulging into the
spinal canal

MRI T2



High intensity cyst
bulging into central
canal

Lumbar Discal Cyst

Discal Cysts are rare, fluid filled cysts that arise from traumatic disruption of annulus and resulting accumulation of fluid

- More common in Males > Females (9:1)
- Most commonly occur at L4-5
- MRI is required for assessment and diagnosis
- Treatment is usually conservative as these cysts spontaneously resolve on their own

Differential

- Synovial Cysts
- Disc Extrusion
- Cystic Neurofibromas

References

Gaillard F, El-Feky M, Botz B, et al. Discal cyst. Reference article, Radiopaedia.org (Accessed on 17 Oct 2023) <https://doi.org/10.53347/rID-45139>

Diehn FE, Maus TP, Morris JM, Carr CM, Kotsenas AL, Luetmer PH, Lehman VT, Thielen KR, Nassr A, Wald JT. Uncommon Manifestations of Intervertebral Disk Pathologic Conditions. *Radiographics*. 2016 May-Jun;36(3):801-23. doi: 10.1148/rg.2016150223. Epub 2016 Apr 15. PMID: 27082664.

Aydin S, Abuzayed B, Yildirim H, Bozkus H, Vural M. Discal cysts of the lumbar spine: report of five cases and review of the literature. *Eur Spine J*. 2010 Oct;19(10):1621-6. doi: 10.1007/s00586-010-1395-9. Epub 2010 Apr 4. PMID: 20364391; PMCID: PMC2989226.