## Recommendation for FearFix® Indication

## Indication:

- 1. symptomatic lumbar DDD up to two segments.
- 2. dominant lumbar back pain with or withe out pseudoradicular Symptoms more than 12 Weeks, changes in MRI
- 3. no improvement after minimum 12 week conservative treatment withe physiotherapy and pain drugs.
- 4. no age limit
- 5. visible disc changes in MRI
- 6. minimal facett digeneration
- 7. the Anulus should be largely intact, HIZ (highe intensity zone) is no contraindication.
- 8. Constant pain level bigger 3 in VAS Score.

## **Contraindications:**

- 1. radiculopaty by nerv compression
- 2. Stenoses, Spondyloyse, Spondylistheses, acute fracture or Spondylitis on to be treaded segment.
- 3. Modic bigger 2 or serious changes on endplattes.
- 4. Pregnancy