

List of Diseases and Conditions

01 Bone or Joint Diseases

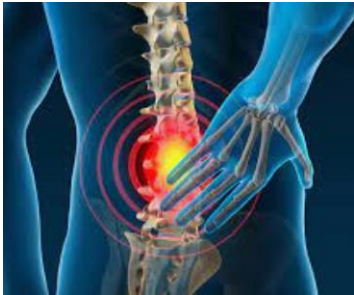
- 01 00 Back pain
- 01 01 Carpal Tunnel Syndrome
- 01 02 Osteomyelitis
- 01 03 Osteoporosis
- 01 04 Slipped Disc
- 01 05 Cervical Spondylosis

When you have found your disease or condition, you look for the treatment color. The treatment colors are magenta (red-blue), blue, cyan (blue-green), green, yellow (red-green), and red. I give the treatment color numbers. Magenta = 0, blue = 1, cyan = 2, green = 3, yellow = 4, and red = 5. *Carpal Tunnel Syndrome* would then be categorized as **01-01-3**. Here the last digit, the treatment color, is **green**. The first two digits are the disease/condition group (from 00 to 66). The next two digits (from 00 to 66) are the illness within the group, and the last digit (from 0 to 6) is the treatment color.

0 1 0 0

3

Back Pain



Back pain refers to the pain arising in the back. Usually, it stems from the muscles, joints, nerves, or other structures in the spine. Back pain is a fairly common condition that most people suffer from these days. Medically the state is one where the person experiences pain or discomfort in any part of the back. Incidentally, the lower back is a place where most people suffer from pain.

The low back supports the weight of the upper body. It provides mobility for everyday motions such as bending and twisting. Muscles in the low back are responsible for flexing and rotating the hips while walking and supporting the spinal column. Nerves in the low back supply sensation and power the pelvis, legs, and feet muscles.

Most acute low back pain results from injury to the muscles, ligaments, joints, or discs. The body also reacts to injury by mobilizing an inflammatory healing response. While inflammation sounds minor, it can cause severe pain.

There is a significant overlap of nerve supply to many of the discs, muscles, ligaments, and other spinal structures.

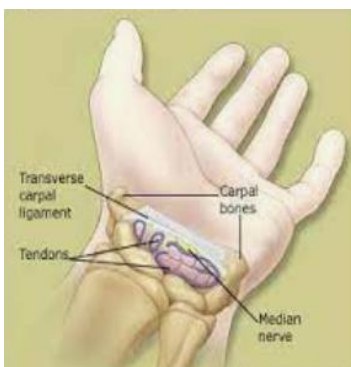
Therefore, it can be difficult for the brain to sense the cause of the pain accurately. For example, a degenerated or torn lumbar disc can feel the same as a pulled muscle – both creating inflammation and painful muscle spasm in the same area.

Muscles and ligaments heal rapidly, while a torn disc may or may not. The time course of pain helps determine the cause.

0 1 0 1

3

Carpal Tunnel Syndrome



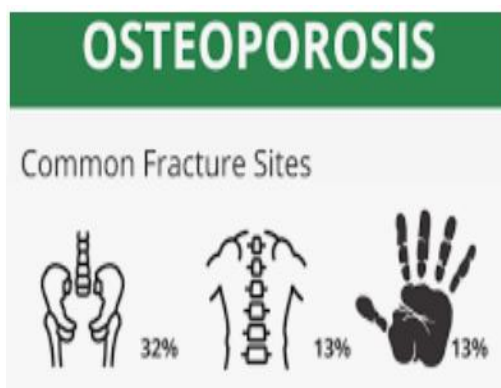
Carpal tunnel syndrome or CTS is a painful and debilitating condition of the hand and arm caused due to pinched or pressed nerves in the wrist (median nerve). The tunnel is a narrow passageway for nine tendons and one nerve to pass from the forearm to the hand.

0 1 0 2 **3** Osteomyelitis



Osteomyelitis is an infection of bone caused by bacteria that may result in the death of bone tissue. This infection may reach the bone by traveling through the bloodstream or spreading from nearby tissue. Osteomyelitis is an infection that usually causes pain in the long bones in the legs. Other bones, such as those in the back or arms, can also be affected. Anyone can develop osteomyelitis. You're more at risk of getting an infection in a bone if you have: recently broken (fractured) a bone.

0 1 0 3 **3** Osteoporosis



Osteoporosis is the weakening of bones. As a result, the bone mass density decreases, increasing the risk of fractures.

The inside of a healthy bone has small spaces, like a honeycomb. Osteoporosis increases the size of these spaces, causing the bone to lose strength and density. In addition, the outside of the bone grows weaker and thinner.

Osteoporosis can occur in people of any age, but it's more common in older adults, especially women. People with osteoporosis are at a high risk of fractures or bone breaks while doing routine activities such as standing or walking. The most commonly affected bones are the ribs, hips, and the bones in the wrists and spine.

0 1 0 4 4 Slipped Disc



Our spinal discs are cushion-like organs located in between our spinal bones (vertebrae). They are made up of a soft inner portion and a rigid outer ring. These discs protect the vertebral bones by absorbing the shocks caused by daily activities like walking, running, lifting weights, so on and so forth. However, if these discs become weak or injured, the soft inner portion protrudes through the rigid outer ring. Medically, this condition is known as a Slipped Disc (Herniated Disk).

0 1 0 5 4 Cervical Spondylosis



Cervical spondylosis is the degeneration or breakdown of the spine and discs in your neck. It is a general term for the situation that occurs in your neck area. It is arthritis of the joints (the spaces) between the vertebrae in the neck.

Cervical spondylosis is a general term for age-related wear and tear in the cervical spine (neck), leading to neck pain, stiffness, and other symptoms. Sometimes this condition is called arthritis or osteoarthritis of the neck.