

MEDICAL IMAGING

What the heck is that on my x-ray?

So you've had an X-ray, or CT, or Ultrasound, or MRI. Chances are that "something" was seen, whether disc disease, herniations or arthritic changes. Time to panic? NO!

Here is the simple truth:

Starting in our early 20s, imaging of any major joint, including the spine, will show something, but these findings are naturally found in the vast majority of adults and are often just a result of normal ageing.

Here is the best news:

you may not even notice it! Just because something is seen, doesn't mean you feel it (the opposite is also true, you may feel "something" but the imaging shows nothing, which can be equally as concerning).

At **Easthill Physio** one of our highly skilled physiotherapists will go over your concerns and questions about your medical imaging results.

Together, we will come up with the best possible treatment plan for you.

