

DOES THIS MEAN I NEED AN OPERATION?

In most circumstances, the image findings from your MRI can be managed conservatively. Understanding the results is the first step and once these have been interpreted a formal, clinical decision can be made.

In most scenarios, conservative management is the first intervention and usually provides excellent results. If this intervention does not work then we can look at referral's to orthopedic surgeons for further intervention.



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UNDERSTANDING MY MRI SCAN

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MY MRI SHOWS SIGNS OF CHANGE

Whilst this can be distressing it is vitally important you understand the context of your results. Current research and evidence shows a poor correlation between the changes you see and the pain you may be experiencing.

An MRI should ideally only be requested when it may change our treatment pathway. Clinical guidelines strongly advise against routine scans due to insufficient evidence linked to causation.



WHAT IS AN MRI AND WHY HAVE ONE?

MRI (Magnetic Reasoning Imaging) is used to provide very clear, high resolution images to help investigate complex cases.

You may have an MRI because you have been referred by a clinician to gain a further understanding of any pathology which does not present within clinical assessments.



I HAVE MY MRI RESULTS, WHAT NOW?

The main thing is to not panic. You should get a report from whoever carried out your MRI detailing the findings. Remember that changes are 'normal' and to be expected.

It is a good idea to speak with your clinician regarding the outcome of your results. You must remember too that although there may be changes it does not equate to negative outcomes.