

Baastrup's Disease: A Comprehensive Review of the Extant Literature

Fernando Enrique Alonso MD; Ellie Bryant; Joe Iwanaga; Jens Chapman MD; Rod J. Oskouian MD; R Shane Tubbs

[Institution]

[Click To Add Logo](#)

Introduction

Reports of Baastrup disease have been underrepresented in the medical literature. Baastrup's disease is caused by contact between adjacent spinous processes of the lumbar spine as a result of degenerative changes. It leads to the enlargement, flattening and reactive sclerosis of apposed interspinous surfaces.

Methods

The current comprehensive review was performed by searching standard search engines using the terms "Baastrup's," "disease," "lumbar,"

"interspinous bursitis," and "kissing spine disease."

Results

Baastrup disease appears

to be more common than once believed. Baastrup disease is associated with

other degenerative disease processes of the spine that could potentially lead a physician to perform unnecessary surgery.

Conclusions

Appreciation of this disease and identification on imaging can improve diagnosis and appropriate treatment of associated back pain.

Learning Objectives

Iatrogenic causes of Baastrup's disease include procedures causing increased lordosis such as anterior lumbar interbody surgery.

Interspinous ligament lidocaine and steroid injections are effective and often eliminate the need for surgical intervention.

References

Provided in Manuscript