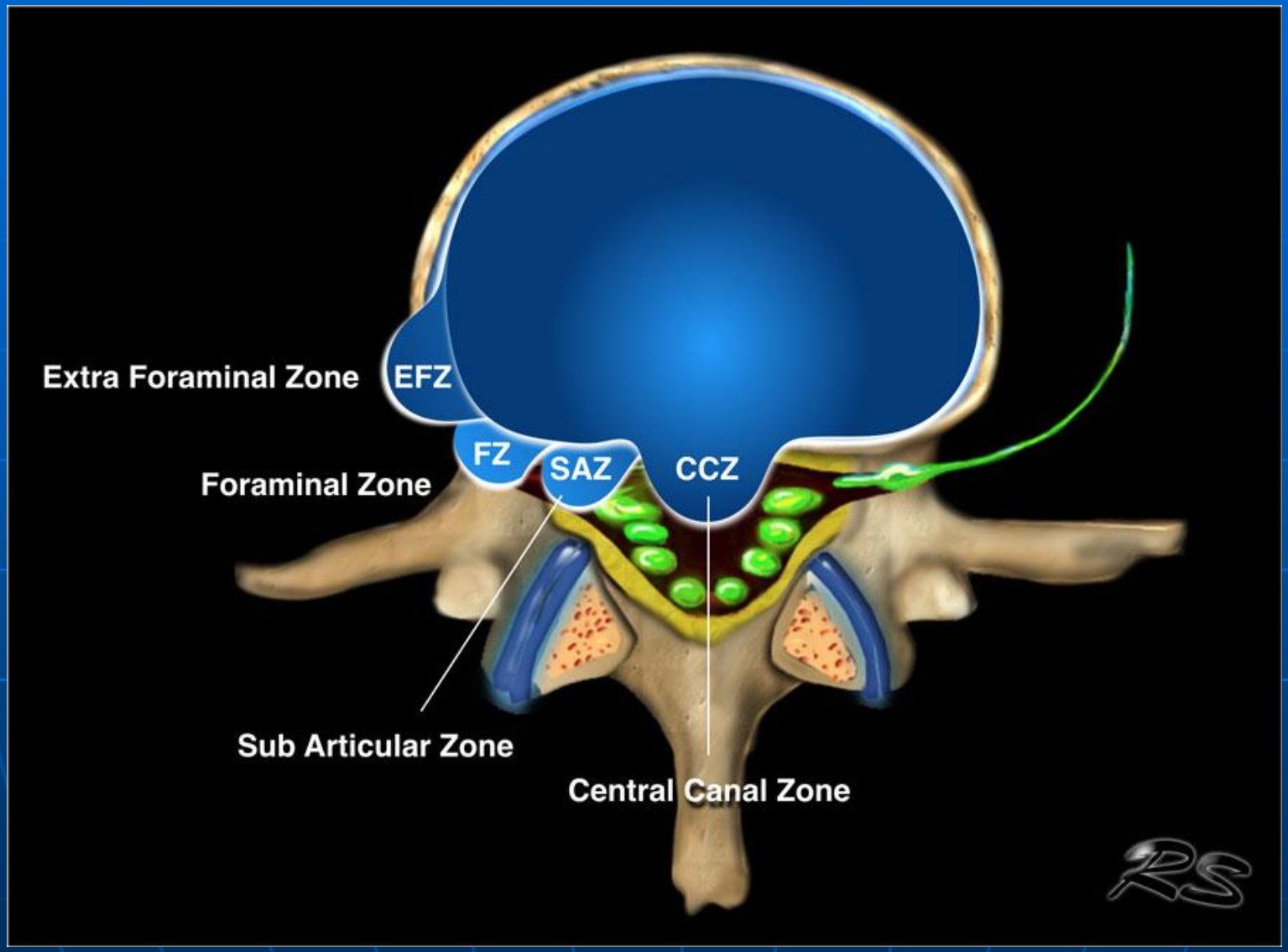
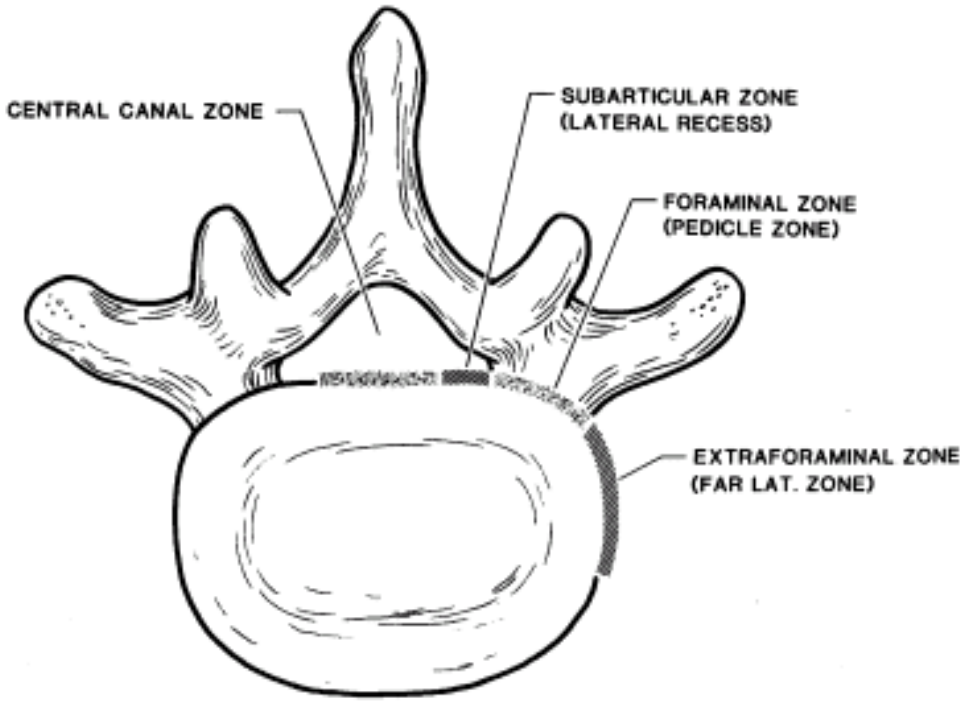
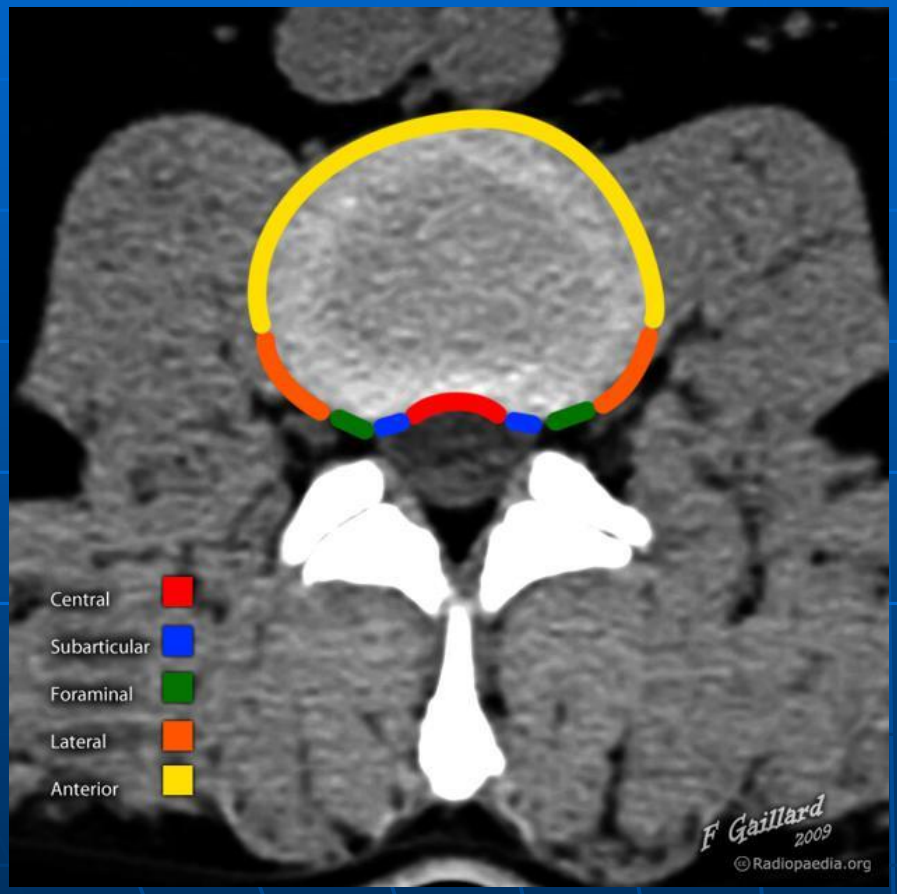
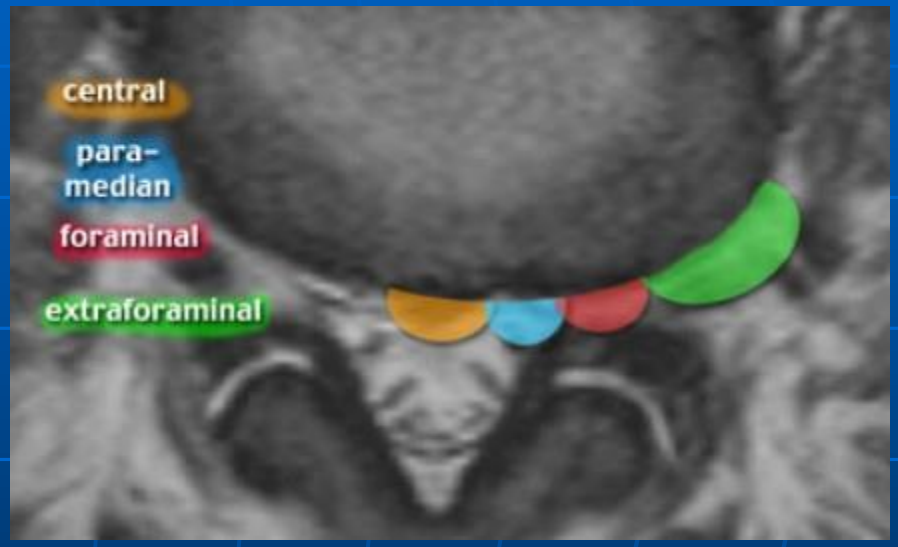


Sub articular zone at the level of the disc

In the axial image, the sagittal and parasagittal planes are called **zones.**




Central
Subarticular
Foraminal
Lateral
Anterior
F Gaillard
2009
Radiopaedia.org


central
para-
median
foraminal
extraforaminal

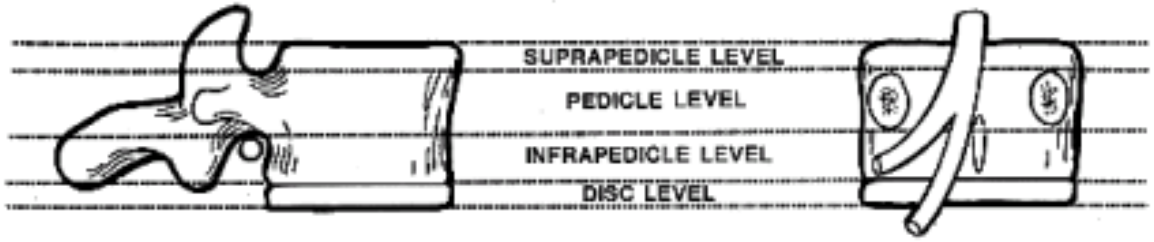
Localization of Herniated Discs

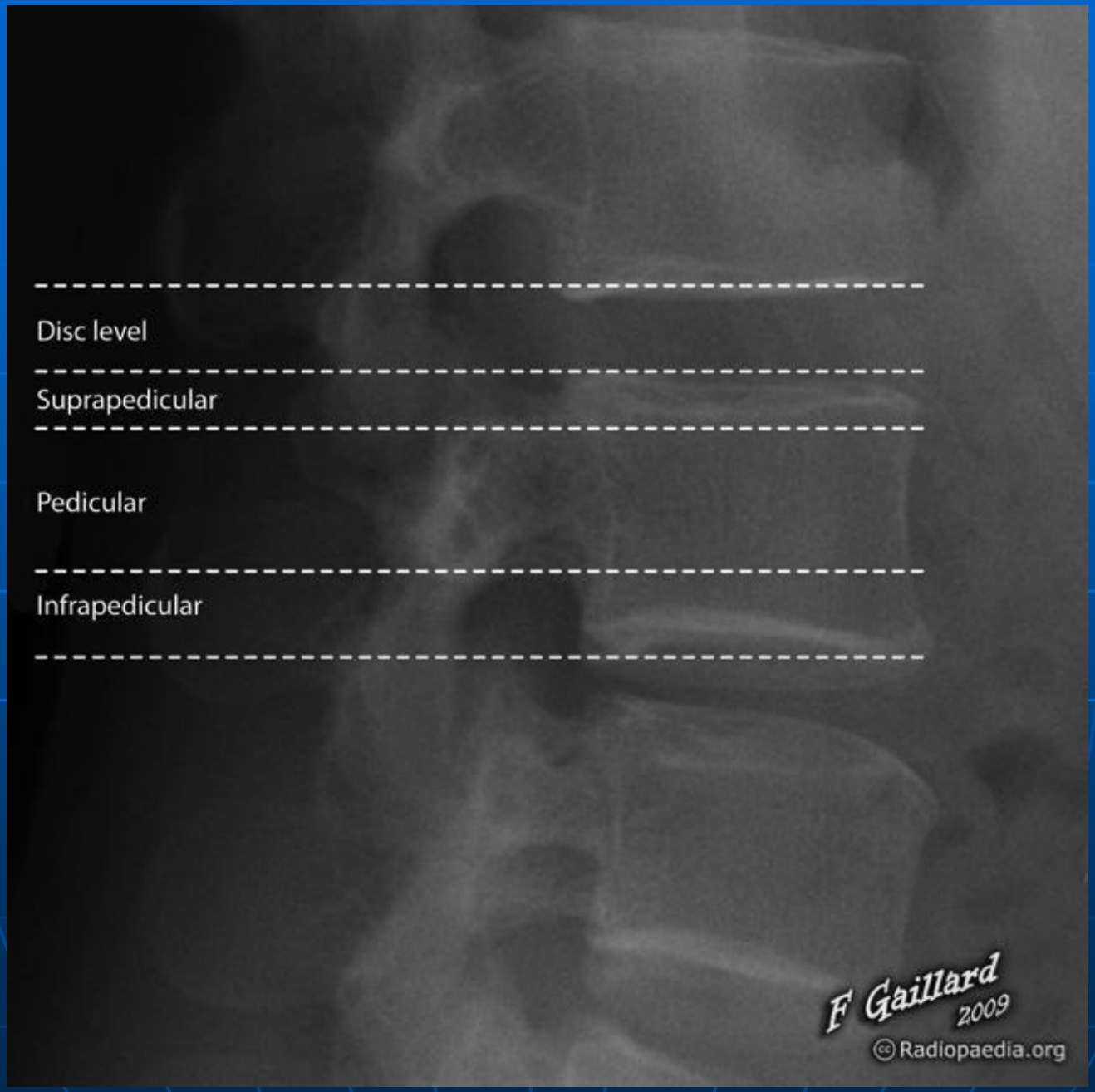
- **Central**
  - Since the posterior longitudinal ligament (PLL) is at its thickest in this region, the disc usually herniates slightly to the left or right of this central zone.
- **Subarticular**
  - Because the PLL is not as thick in this region, this is the number one region for disc herniations.
- **Foraminal**
  - It is rare for a disc to herniate into the intervertebral foramen. Only 5% to 10% of all disc herniation occur here or farther out. When herniations do occur in this zone, they are often very troublesome for the patient.
    This is because a super-delicate neural structure called the 'Dorsal Root Ganglion' (DRG) lives in this zone resulting in severe pain, sciatica and nerve cell damage.
- **Extraforaminal**
  - Disc herniations in this region are uncommon.

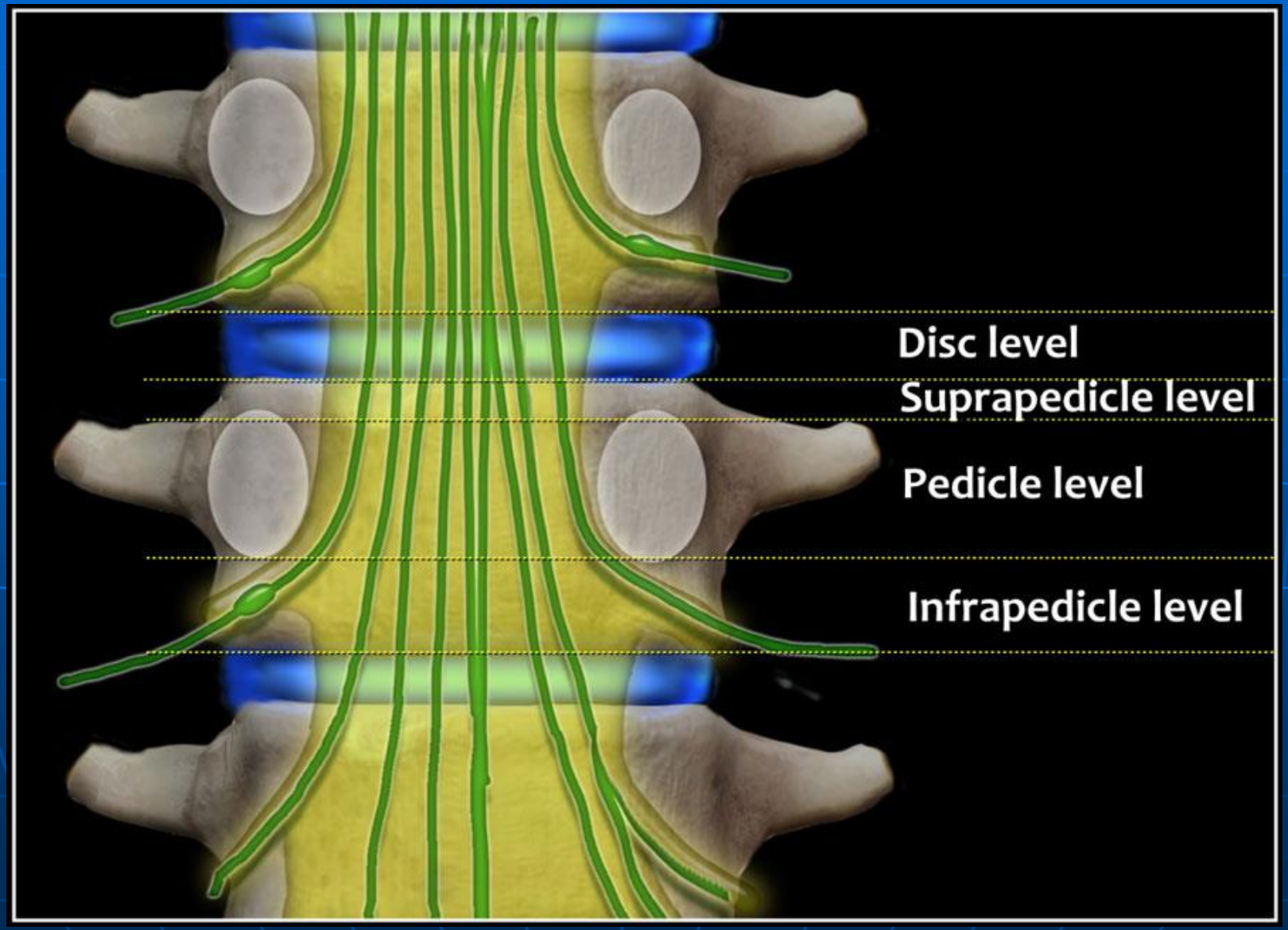
Lateral recess stenosis

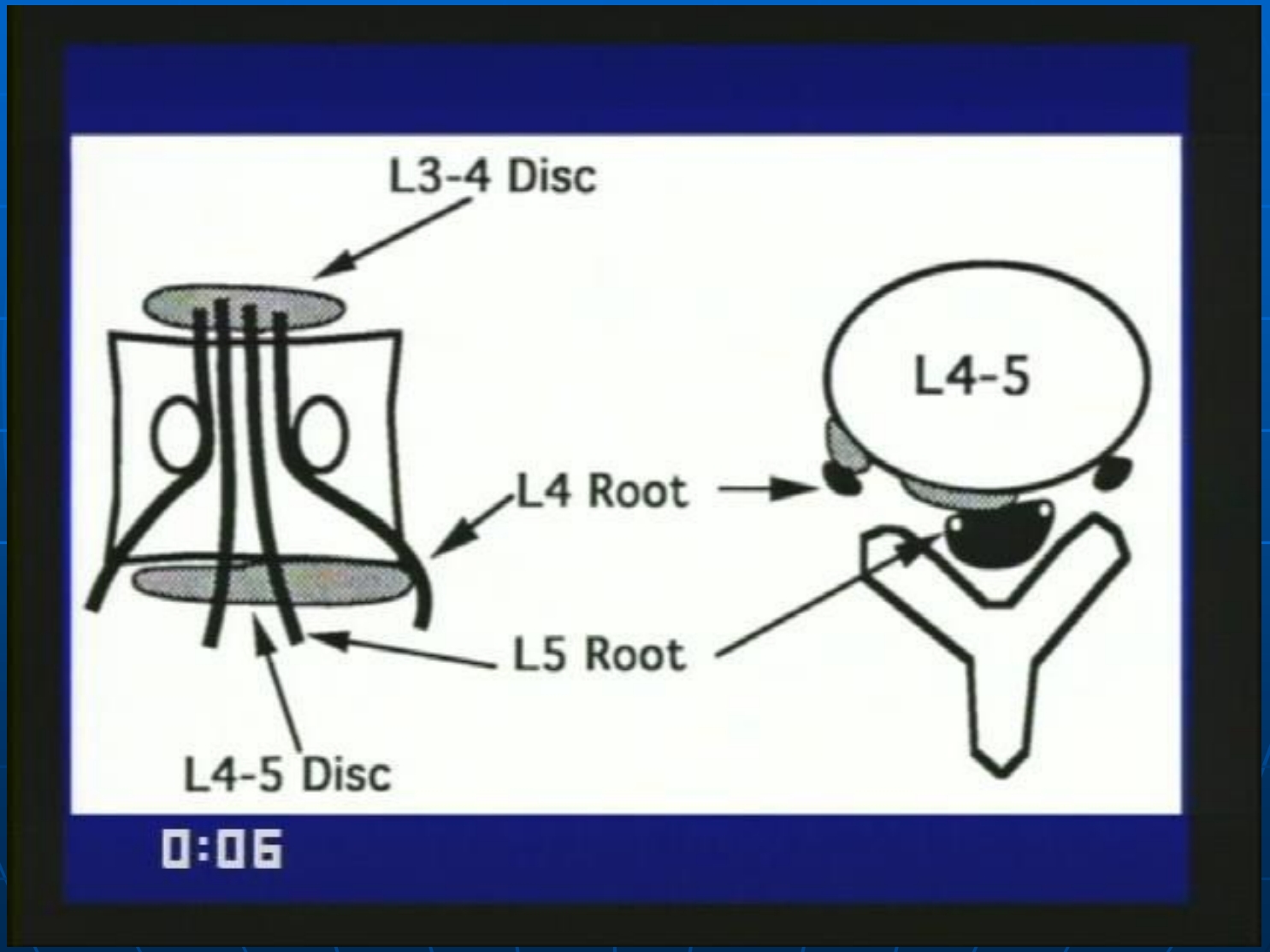
Location

In the caudocranial direction visualized on sagittal and coronal images, we have chosen the term **levels.**




Disc level
Suprapedicular
Pedicular
Infrapedicular
F Gaillard
2009
Radiopaedia.org


Disc level
Suprapedicle level
Pedicle level
Infrapedicle level


L3-4 Disc
L4-5
L4 Root
L5 Root
L4-5 Disc
0:06