Modic Changes

- Type I ("edematous")
- Type II ("fatty"):
- Type III ("sclerotic")
- Type I changes may be a marker for pain and instability.

Modic Changes

T2W-MRI T1W-MRI

Type 1
Inflammatory/vascular fibrous

Type 2
Fatty infiltration

Type 3
Subchondral bone sclerosis

Modic Changes

- Some studies suggest type I, II change have high specificity (> 90%) but low sensitivity (20-30%) for painful lumbar disc
- Type I change shows high positive predictive value with discography