

Conjoined Lumbosacral Nerve Roots as a Source of Low Back Pain: a Case Report

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BACKGROUND

Conjoined lumbosacral nerve roots is a rare congenital anomaly of the lumbosacral nerve structures. There have been reports of this finding in up to 14% of cadaver studies but only 4% incidence on imaging[1]. There have been a few different forms of classification for this anomaly, however the most commonly used one is by Neidre and MacNab, who divided this into four types [2]. Type I is when the conjoined nerve arises from a single dural sheath. Type II, which is the most common, is when two nerve roots exit through the same foramen. Type III is when adjacent nerve roots are vertically or transversely anastomosed together. Type IV is any combination of the other types. Patients with conjoined lumbosacral nerve roots can have a wide array of clinical manifestations and multimodal management is typically employed to treat such patients’ pain.

METHOD

Clinical review and case report.

RESULTS

The patient is a 46 year old male who presented for lumbar pain associated with a pinching sensation in his left gluteal region that radiates down his left lower extremity. MRI of the spine revealed conjoined L5-S1 nerve roots. The patient has failed conservative management with NSAIDS and physical therapy. He is currently being followed up and may require additional interventions. A follow up MRI of the sacroiliac joints is pending.

CONCLUSIONS

This case demonstrates conjoined lumbosacral nerve roots as an etiology of low back pain and illustrates the multifactorial nature of back pain that often requires a multi-faceted approach treatment.

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