

T1-Rho on MRI may detect early spinal degeneration

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(HealthDay)—T1 ρ values on magnetic resonance imaging (MRI) may identify early degeneration in the intervertebral disc of asymptomatic young male weightlifters, according to a study published in the Oct. 15 issue of *Spine*.

Gianluca Vadalà, M.D., Ph.D., from the University of Rome, and colleagues assessed MRIs in 26 asymptomatic young male weightlifters and an age- and sex-matched, sedentary control group. Both groups had no [lower back pain](#) or any spinal symptoms. The Pfirrmann scale was used to assess degenerative grade.

The researchers observed no significant difference in Pfirrmann degenerative grades between the groups. However, in the lumbar spine of weightlifters, T1 ρ values were significantly lower compared with

controls (P

"T1ρ can be potentially used as a valid clinical tool to identify early changes in [intervertebral disc](#) on the verge of new emerging intervertebral discs regenerative strategies and treatments," the authors write.

More information: [Full Text \(subscription or payment may be required\)](#)

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