Measure the greatest medio-lateral (A) and antero-posterior (B) diameters of the common dural sac on the axial MRI cut.

\[ A \times B = C \text{ (preliminary area).} \]

If the dural tube shape is:

- Round or elliptical:
  \[ True \text{ Area} = 0.8xC \]

- Slightly impacted by facets:
  \[ True \text{ Area} = 0.7xC \]

- Trigonal secondary to significant facet overgrowth:
  \[ True \text{ Area} = 0.6xC \]

- Trigonal as above with significant disc bulge:
  \[ True \text{ Area} = 0.5xC \]

Note: If axial cut is >20 degrees from parallel to the disc space,

\[ B' = B \times \cos \text{ of angle off parallel} \]

and \( B' \) is substituted into the initial equation for \( B \).

This additional calculation was indicated in five of the cases studied.