



LUMBAR DEGENERATIVE DISC DISEASE & FACET ATHROSIS

A main symptom of Degenerative Disc Disease—which can later lead to Facet Arthrosis—is axial back pain or pain that radiates into the gluteus region. Axial pain is different from Sciatic nerve pain, which radiates into the leg.

DEGENERATIVE DISC DISEASE (DDD): Lumbar Disc Degeneration Disease takes place as the spine ages. The discs (semi-circular fibrous cushions or shock absorbers separating each spinal vertebrae) lose water content and shrink, thus becoming less effective shock absorbers. This lack of cushioning results in pain with various activities especially standing, walking or sitting for prolonged periods as well as bending and lifting. The rate at which the disc degenerates is varied. Some people experience severe symptoms at a younger age (usually after 40), while others never experience pain.



DEGENERATED DISC



FACET JOINT ARTHRITIS

FACET ARTHROSIS/ARTHRITIS: As the Degenerative Disc Disease becomes more severe and the disc shrinks, Facet Arthrosis or osteoarthritis begins. Facet arthritis describes degeneration (or wear and tear) of the lumbar facet joints. In the spine, the vertebrae are stacked vertically. These joints connect the adjacent vertebrae. In a healthy spine, each facet joint only bears 5% of the body weight and the disc absorbs 90%. However, as the disc degenerates, the load on the facet joint increases causing breakdown and pain as it was not designed to bear weight. Facet pain is often alleviated with sitting, while a deep axial backache will often be experienced with prolonged walking and standing.

REHABILITATION PROGRAM

The use of a heating pad, ice packs or electric stimulation temporarily alleviates pain, allowing for more effective exercise. There are various exercises that, when performed correctly, assist in the reduction of pain and improves mobility, strength and function. Aquatic therapy is extremely beneficial for both of these ailments due to the fact that the water's buoyancy causes a natural unloading of body weight and allows for greater range of motion.

LYNBROOK
(516) 599-8734

NEW HYDE PARK
(516) 326-4580



WANTAGH
(516) 785-4800

ISLAND PARK
(516) 897-9700