



Spondylosis is arthritis of the spine, but it is also commonly used to describe any manner of spinal degeneration. Osteoarthritis is degeneration of the facet joints. Degenerative disc disease is degeneration of the discs.

#### CAUSES

- Wear and tear on the spine
- Disc dehydration
- Herniated disc

#### SYMPTOMS

- Pain or stiffness in the neck, low back or extremity that gets worse with physical and/or extended activity
- Headache
- Loss of balance; difficulty walking

#### TREATMENT

- Medication
  - NSAIDS help decrease swelling, pain and fever. **ALWAYS ASK YOUR PROVIDER IF NSAIDS ARE SAFE.**
  - Acetaminophen to decrease pain
  - Prescription pain medicine
- Physical therapy may be recommended to decrease pain and help improve movement and strength.
- Spinal injections may help to decrease pain and inflammation around the disc.

#### SEEK MEDICAL CARE IF:

- Your pain gets worse or you cannot control it with medication.
- Your symptoms get worse.

#### SEEK IMMEDIATE MEDICAL CARE IF:

- You have severe pain or weakness or you cannot move your arm or leg.
- You lose bowel or bladder function (incontinence).