

Phases of Spinal Degeneration

TEXTBOOK NORMAL

- Graceful forward curve
- Equal disc spacing
- Normal turning and bending



Neck

SPINAL DYSFUNCTION CAN LEAD TO...

- Loss of curve
- Narrowing of disc spacing
- Impaired turning and bending



Phase 1

IF IGNORED CAN DETERIORATE TO...

- Roughening joint surfaces
- Bone spurs
- Reduced mobility



Phase 2

IF NEGLECTED CAN DEGENERATE TO...

- Severe bone remodeling
- Irreversible joint fusion
- Permanent loss of motion



Phase 3