

# 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