

## Diseases of the Spine

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If you're suffering pain in your neck or shoulder, tingling or numbness in your arms, or have experienced some weakness when using your arms or hands, you may have a spinal disease.

There are several different types of spinal disorders, including cervical disc disease, which affects your neck area. This disease can be caused by age, injury, poor posture, or other diseases such as arthritis, but normally occurs when the cervical discs become worn out and bone spurs develop as a result of repetitive movement of the discs. You may experience neck or arm pain, weakness or numbness in your legs, along with difficulty walking.

Other diseases of spine can include spinal stenosis, spondylolysis and spondylolisthesis, and osteoporosis. Spinal stenosis is a term that refers to the narrowing of the spinal canal that can lead to compression of the nerves in your back. Spondylolysis and spondylolisthesis affect about 5 to 6 percent of the population and can lead to chronic back pain. Spondylolysis is a defect in one of the vertebra in your lower back, usually the last vertebra of your lumbar spine. Spondylolisthesis occurs when one of your vertebrae slips forward onto the one below it. When spondylolysis is present, the back sections of the vertebra simply aren't connected, except by soft tissue. Osteoporosis occurs when you suffer back pain from compression fractures in your vertebrae.

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