The natural aging process also affects the facet joints resulting in abrasion of the articular cartilage and consequently to osteoarthritis. This leads to instability of the joint, a process the body counteracts through bone growth. However, this will ultimately lead to a stiffening of the joints. During this process, many diverse symptoms can emerge. For example, the irritation of the joint capsule due to the wear leads to facet syndrome, pressure on an exiting nerve root caused through bony outgrowths leads to sciatica.

What are the causes of spondylarthrosis?

If the vertebral joints or their cartilage surfaces are worn down, the body responds by extending/widening of the bony parts. The bone thickens and sclerosis sets in. The thereby modified joint becomes inflamed, which in turn leads to the facet syndrome.

What treatments are available?

Initially the therapy consists of administering anti-inflammatory drugs. Physiotherapy and back training support this process. If this does not bring about a noticeable improvement, a facet infiltration in which medication is injected directly into the facet joint can provide relief. If the complaints cannot be eliminated after a long-term treatment, a so-called denervation of the facet joint may be necessary. In this procedure, the nerve branch supplying the capsule of the facet joint with pain sensibility will be ablated using heat or cold to relieve the pain. If the spondylarthrosis together with a wear of the associated intervertebral disc has led to an instability between two vertebrae, a surgical stabilization of the segment may become necessary (spinal fusion).
Spondylarthrosis - more information

Under the following links you will find more information about "spondylarthrosis":

Facet syndrome – What exactly is facet syndrome? What exactly causes facet syndrome? What treatments are available?  Spondylolisthesis – What exactly is spondylolisthesis? What are the causes of spondylolisthesis? What are the treatment options?

Cervical herniated disc – What is a cervical herniated disc? What are the symptoms of a cervical herniated disc? How is a cervical herniated disc diagnosed?

Lumbar herniated disc – What is a lumbar intervertebral disc and what function does it have? What are the causes for a herniated disc? What are the symptoms of a herniated disc? How is a herniated disc diagnosed? What treatment options are there for a herniated disc?

Instability of a motion segment in the lumbar spine – How is „Instability“ defined? What causes instability? How is an instability of the lumbar spined diagnosed? What are the treatment options?

Related Topics
- **Instability of** the lumbar spine
- **Instability of** the cervical spine
- **Back pain**
- **Disc protrusion**
- **Neck pain**