

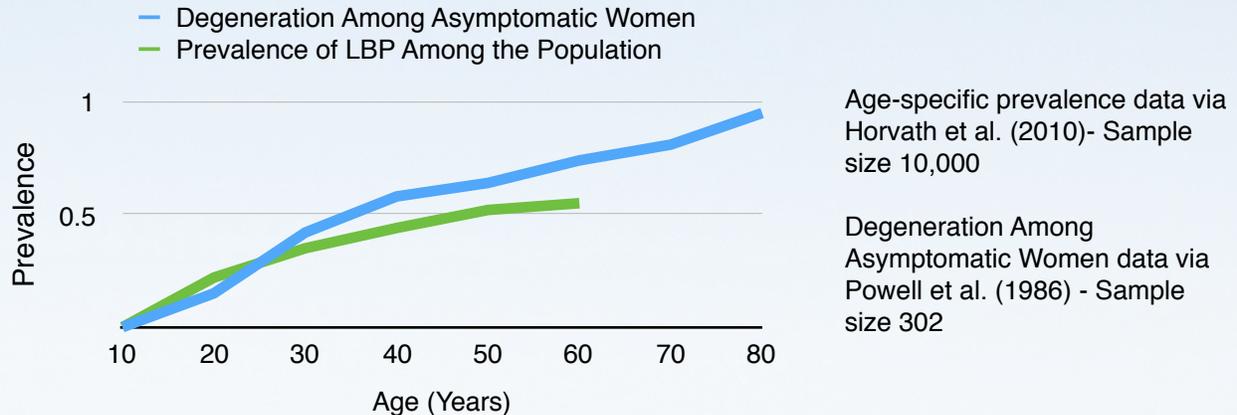


WHITE MOUNTAIN

Chiropractic & Rehabilitation

Disc Degeneration Implies Low Back Pain

Theoretical Biology and Medical Modelling (2015) 12:24



Lumbar disc degeneration is a disease process directly associated with age. As we age, the instantaneous axis of rotation migrates posterior across the intervertebral disc, thus loading the facet joints. Additionally, the disc becomes sensitized as nociceptive fibers infiltrate the annulus fibrosis.

This study provides valuable insight into the relationship between disc degeneration and low back pain. Their analysis indicates that the pain associated with long term degenerative changes may be episodic, which is why asymptomatic patients may present with degenerative changes.

Degenerative disc disease can often be treated non-surgically with conservative care. Nutrient transfer to the disc is facilitated through motion. Emerging research has shown that the chiropractic manipulation can assist this transfer. This is one mechanism by which chiropractic manipulation reduces the pain associated with disc degeneration.

"Lumbar intervertebral disc degeneration is nearly ubiquitous among patients with symptomatic back pain."

"The natural history of low back pain shows not only age dependence, but also a pattern of remission and recurrence which is different from other irreversible clinical outcomes such as cancer, stroke or heart attack."

"Disc degeneration is well under way and most discernible among the young and continuously rises among the older adult population."

"In summary, the complexity of low back pain epidemiology results from the co-existence of two different time scales: the slow dynamics of disc degeneration and the fast dynamics of pain recurrence."

We believe in creating a healthier community. We believe patients have better outcomes when physicians work together.
Let's build a healthier tomorrow.