

SPONDYLOSIS

Spondylosis is an aging phenomenon. With age, bones and ligaments in the spine wear, leading to bone spurs (osteoarthritis). Also, the intervertebral discs degenerate and weaken, which can lead to disc herniation and bulging discs.

CAUSES AND RISK FACTORS

1. AGING

Over 80% of people over the age of 40 have evidence of spondylosis on X-ray studies.

2. GENETICS Koracademy.com

Genetics is another risk factor for spondylosis. If many people in a family have spondylosis, there is likely to be a stronger predisposition to spondylosis.

3. SPINAL INJURY

Spinal Injury is also a risk factor for spondylosis. Injuries can cause intervertebral discs to herniate.

SYMPTOMS

Many people with spondylosis on X-Ray do not have any symptoms.

In some people, spondylosis causes back pain and neck pain.