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Spine Injuries and Disorders

Your backbone, or spine, is made up of 26 bone discs called vertebrae. The vertebrae protect your spinal cord and allow you to stand and bend. A number of problems can change the structure of the spine or damage the vertebrae and surrounding tissue. They include:


- Infections
- Injuries
- Tumors
- Conditions, such as ankylosing spondylitis [<https://medlineplus.gov/ankylosingspondylitis.html>] and scoliosis [<https://medlineplus.gov/scoliosis.html>]
- Bone changes that come with age, such as spinal stenosis [<https://medlineplus.gov/spinalstenosis.html>] and herniated disks [<https://medlineplus.gov/herniateddisk.html>]

Spinal diseases often cause pain when bone changes put pressure on the spinal cord or nerves. They can also limit movement. Treatments differ by disease, but sometimes they include back braces and surgery.


Start Here

- Understanding Spinal Cord Disease [<https://www.veteranshealthlibrary.va.gov/Search/3,41207>] (Department of Veterans Affairs)

Diagnosis and Tests

- Electromyography (EMG) and Nerve Conduction Studies [<https://medlineplus.gov/lab-tests/electromyography-emg-and-nerve-conduction-studies/>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/electromiografia-y-estudios-de-conduccion-nerviosa/>]
- Lumbar and Cervical Discography [<https://www.spine.org/KnowYourBack/Treatments/Assessment-Tools/Discography>]
(North American Spine Society)
- Spine CT [<https://www.radiologyinfo.org/en/info/spinect>] (American College of Radiology; Radiological Society of North America)
Also in Spanish [<https://www.radiologyinfo.org/es/info/spinect>]
- Spine MRI [<https://www.radiologyinfo.org/en/info/spinemr>] (American College of Radiology; Radiological Society of North America)
Also in Spanish [<https://www.radiologyinfo.org/es/info/spinemr>]

Prevention and Risk Factors


- Getting It Straight: Improve Your Posture for Better Health [<https://newsinhealth.nih.gov/2017/08/getting-it-straight>]
 (National Institutes of Health)
Also in Spanish [<https://salud.nih.gov/recursos-de-salud/nih-noticias-de-salud/sentarse-derecho>]

Treatments and Therapies

- About Neurointerventions [<https://snisonline.org/about/>] (Society of NeuroInterventional Surgery)
- Artificial Disc Replacement (ADR) [<https://www.spine.org/KnowYourBack/Treatments/Surgical-Options/Artificial-Disc-Replacement>] (North American Spine Society)

Back Surgery: When Is It a Good Idea? [<https://www.mayoclinic.org/diseases-conditions/back-pain/in-depth/back-surgery/art-20048274?p=1>] (Mayo Foundation for Medical Education and Research)

Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/back-pain/in-depth/back-surgery/art-20048274?p=1>]

- **Chiropractic: MedlinePlus Health Topic** [<https://medlineplus.gov/chiropractic.html>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/chiropractic.html>]
- **Epidural Injections** [<https://www.radiologyinfo.org/en/info/epidural>]
(American College of Radiology; Radiological Society of North America)
Also in Spanish [<https://www.radiologyinfo.org/es/info/epidural>]
- **Laparoscopic Spine Surgery** [<https://www.sages.org/wiki/laparoscopic-spine-surgery>]
(Society of American Gastrointestinal and Endoscopic Surgeons)
- **Lumbar (Open) Microscopic Discectomy** [<https://www.spine.org/KnowYourBack/Treatments/Surgical-Options/Lumbar-Microscopic-Discectomy>] (North American Spine Society)
- **Vertebroplasty for Spine Fracture Pain** [<https://familydoctor.org/vertebroplasty-for-spine-fracture-pain/?adfree=true>]
(American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/vertebroplastia-para-dolor-por-fractura-de-la-columna/?adfree=true>]

Living With

- **Spine Rehabilitation Exercises** [<https://orthoinfo.aaos.org/en/recovery/spine-conditioning-program/spine-conditioning-program-pdf/>] (American Academy of Orthopaedic Surgeons)



Related Issues


- **Degenerative Changes in the Spine: Is This Arthritis?** [<https://www.mayoclinic.org/diseases-conditions/osteoarthritis/expert-answers/arthritis/FAQ-20058457?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/osteoarthritis/expert-answers/arthritis/faq-20058457?p=1>]
- **Depression and Spinal Cord Injuries and Disorders (SCI/D)** [https://www.veteranshealthlibrary.va.gov/142,41191_VA]
(Department of Veterans Affairs)

Specifics

- **Diffuse Idiopathic Skeletal Hyperostosis (Forestier Disease)** [<https://www.arthritis.org/diseases/diffuse-idiopathic-skeletal-hyperostosis>] (Arthritis Foundation)
- **Fractures of the Thoracic and Lumbar Spine** [<https://orthoinfo.aaos.org/en/diseases--conditions/fractures-of-the-thoracic-and-lumbar-spine/>] (American Academy of Orthopaedic Surgeons) - **PDF**
- **Kyphosis** [<https://www.mayoclinic.org/diseases-conditions/kyphosis/symptoms-causes/syc-20374205?p=1>]
(Mayo Foundation for Medical Education and Research)
- **Spinal Cord Tumor** [<https://www.mayoclinic.org/diseases-conditions/spinal-cord-tumor/symptoms-causes/syc-20350103?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/spinal-cord-tumor/symptoms-causes/syc-20350103?p=1>]
- **Spinal Infections** [<https://www.spine.org/KnowYourBack/Conditions/Infections-Tumors/Spinal-Infections>]
(North American Spine Society)
- **Spondylolysis and Spondylolysthesis** [<https://www.spine.org/KnowYourBack/Conditions/Degenerative-Conditions/Spondylolysis-and-Spondylolysthesis>] (North American Spine Society)
- **Whiplash and Whiplash Associated Disorder (WAS)** [<https://www.spine.org/KnowYourBack/Conditions/Injuries/Whiplash-and-Whiplash-Associated-Disorder>] (North American Spine Society)

Genetics

- **Intervertebral disc disease: MedlinePlus Genetics** [<https://medlineplus.gov/genetics/condition/intervertebral-disc-disease>]  (National Library of Medicine)
- **Spondylocostal dysostosis: MedlinePlus Genetics** [<https://medlineplus.gov/genetics/condition/spondylocostal-dysostosis>]  (National Library of Medicine)

Spondylothoracic dysostosis: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/spondylothoracic-dysostosis>]  (National Library of Medicine)







Images

- Lumbar spinal surgery - series [https://medlineplus.gov/ency/presentations/100119_1.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/esp_presentations/100119_1.htm]
- Spinal fusion - series [https://medlineplus.gov/ency/presentations/100121_1.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/esp_presentations/100121_1.htm]
- Vertebroplasty - series [https://medlineplus.gov/ency/presentations/100204_1.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/esp_presentations/100204_1.htm]

Videos and Tutorials

- Prevention: Strengthening [<https://www.spine.org/KnowYourBack/Prevention/Exercise/Strengthening>]
(North American Spine Society)

Clinical Trials

- ClinicalTrials.gov: Fractures, Compression [<https://clinicaltrials.gov/search?cond=%22Fractures,+Compression%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Kyphosis [<https://clinicaltrials.gov/search?cond=%22Kyphosis%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Spinal Diseases [<https://clinicaltrials.gov/search?cond=%22Spinal+Diseases%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Spinal Fractures [<https://clinicaltrials.gov/search?cond=%22Spinal+Fractures%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Spinal Injuries [<https://clinicaltrials.gov/search?cond=%22Spinal+Injuries%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Spondylolisthesis [<https://clinicaltrials.gov/search?cond=%22Spondylolisthesis%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles


References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Evaluation and analysis of risk factors for fractured vertebral recompression post-percutaneous... [<https://www.ncbi.nlm.nih.gov/pubmed/40731342>]
- Article: The association between remnant cholesterol and the risk of osteoporotic vertebral... [<https://www.ncbi.nlm.nih.gov/pubmed/40729345>]
- Article: Selective facet joint and interlaminar fusion using unilateral biportal endoscopy for... [<https://www.ncbi.nlm.nih.gov/pubmed/40717164>]
- Spine Injuries and Disorders -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Spinal+Injuries%22%5Bmajr%3Anoexp%5D+OR+%22Spinal+Fractures%22%5Bmajr%3Anoexp%5D+OR+%22Spinal+Diseases%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+2+Years%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Reference Desk

- Definitions [<https://www.spine.org/KnowYourBack/Resources/Definitions>] (North American Spine Society)

Find an Expert

- Find a Physical Medicine & Rehabilitation Physician [https://members.aapmr.org/AAPMR/AAPMR_FINDER.aspx] (American Academy of Physical Medicine and Rehabilitation)
- Find a Physical Therapist Near You [<https://www.choosept.com/find-a-pt>] (American Physical Therapy Association)
- National Institute of Arthritis and Musculoskeletal and Skin Diseases [<https://www.niams.nih.gov/>] 
Also in Spanish [<https://www.niams.nih.gov/es/portal-en-espanol>]

Children

- Halo Brace (For Parents) [<https://kidshealth.org/en/parents/halo-brace.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/halo-brace.html>]
- Halo-Gravity Traction (For Parents) [<https://kidshealth.org/en/parents/halo-gravity-traction.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/halo-gravity-traction.html>]

Teenagers

- Kyphosis [<https://kidshealth.org/en/teens/kyphosis.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/teens/kyphosis.html>]

Patient Handouts

- Compression fractures of the back [<https://medlineplus.gov/ency/article/000443.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000443.htm>]
- Foraminotomy [<https://medlineplus.gov/ency/article/007390.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007390.htm>]
- Kyphosis [<https://medlineplus.gov/ency/article/001240.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001240.htm>]
- Laminectomy [<https://medlineplus.gov/ency/article/007389.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007389.htm>]
- Lordosis - lumbar [<https://medlineplus.gov/ency/article/003278.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003278.htm>]
- Spinal fusion [<https://medlineplus.gov/ency/article/002968.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002968.htm>]
- Spine surgery - discharge [<https://medlineplus.gov/ency/patientinstructions/000313.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000313.htm>]
- Spondylolisthesis [<https://medlineplus.gov/ency/article/001260.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001260.htm>]



Compression fractures of the back [<https://medlineplus.gov/ency/article/000443.htm>]

Foraminotomy [<https://medlineplus.gov/ency/article/007390.htm>]

Halo brace [<https://medlineplus.gov/ency/patientinstructions/000799.htm>]

Kyphosis [<https://medlineplus.gov/ency/article/001240.htm>]

Laminectomy [<https://medlineplus.gov/ency/article/007389.htm>]

Lordosis - lumbar [<https://medlineplus.gov/ency/article/003278.htm>]

Lumbar MRI scan [<https://medlineplus.gov/ency/article/007352.htm>]

Lumbar Spine CT scan [<https://medlineplus.gov/ency/article/007350.htm>]

Lumbosacral spine CT [<https://medlineplus.gov/ency/article/003787.htm>]

Lumbosacral spine x-ray [<https://medlineplus.gov/ency/article/003807.htm>]

Spinal fusion [<https://medlineplus.gov/ency/article/002968.htm>]

Spinal tumor [<https://medlineplus.gov/ency/article/001403.htm>]

Spine surgery - discharge [<https://medlineplus.gov/ency/patientinstructions/000313.htm>]

Spondylolisthesis [<https://medlineplus.gov/ency/article/001260.htm>]

Thoracic spine CT scan [<https://medlineplus.gov/ency/article/007442.htm>]

Thoracic spine x-ray [<https://medlineplus.gov/ency/article/003806.htm>]

Related Health Topics

Ankylosing Spondylitis [<https://medlineplus.gov/ankylosingspondylitis.html>]

Back Pain [<https://medlineplus.gov/backpain.html>]

Herniated Disk [<https://medlineplus.gov/herniateddisk.html>]

Neck Injuries and Disorders [<https://medlineplus.gov/neckinjuriesanddisorders.html>]

Scoliosis [<https://medlineplus.gov/scoliosis.html>]

Spinal Stenosis [<https://medlineplus.gov/spinalstenosis.html>]

Tailbone Disorders [<https://medlineplus.gov/tailbonedisorders.html>]

National Institutes of Health

The primary NIH organization for research on *Spine Injuries and Disorders* is the National Institute of Arthritis and Musculoskeletal and Skin Diseases [<http://www.niams.nih.gov/>]

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