

Cartilage endplate degeneration refers to the gradual breakdown and deterioration of the cartilage at the end of each vertebra in the spine. The cartilage endplate is a thin layer of cartilage that separates the intervertebral disc from the vertebra and helps to distribute load and pressure across the disc.

Cartilage endplate degeneration can occur as a result of various factors, including aging, mechanical stress, injury, and disease. As the cartilage endplate deteriorates, it can lead to a decrease in the nutrient supply to the intervertebral disc and a disruption of the biomechanical function of the spine.

Symptoms of cartilage endplate degeneration can include back pain, stiffness, and reduced mobility. Diagnosis typically involves imaging tests such as magnetic resonance imaging (MRI) or computed tomography (CT) scans.

Treatment for cartilage endplate degeneration may involve a combination of physical therapy, pain management, and lifestyle modifications. In some cases, surgery may be necessary to address severe or advanced degeneration. There is ongoing research to develop new treatments and therapies to help prevent or slow down the progression of cartilage endplate degeneration.

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Last update: **2024/06/07 03:00**

