

# Impingement

to make an impression; have an effect or impact.

[Disc degeneration](#) is a normal part of aging, and usually is not a problem. However, [Degenerative Disc Disease](#) (DDD) can cause discs to lose height and become stiff. When disc height is lost, nerve [impingement](#), bone and joint inflammation, and resultant pain can occur.

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[Lumbar foraminal stenosis](#) (LFS) is one of the most frequent forms of [lumbar degenerative spondylosis](#) (LDS), a late consequence of [intervertebral disc degeneration](#) (IVD) and considered a wear-and-tear phenomenon that is at least partially [age](#)-related. The narrowing of the [intervertebral space](#) leads to secondary [hypertrophy](#) of the [intervertebral joints](#) as a reaction to overload, [ligamentous](#) overgrowth, and a reduction in [intervertebral foramen](#) diameter. This chain reaction is the main reason for [nerve root impingement](#) and distorted neurodynamics that lead to mixed pain in advanced spondylosis (axial and radicular pain) <sup>1)</sup>.

<sup>1)</sup>

Urits I, Burshtein A, Sharma M, Testa L, Gold PA, Orhurhu V, Viswanath O, Jones MR, Sidransky MA, Spektor B, Kaye AD. Low Back Pain, a Comprehensive Review: Pathophysiology, Diagnosis, and Treatment. Curr Pain Headache Rep. 2019 Mar 11;23(3):23. doi: 10.1007/s11916-019-0757-1. PMID: 30854609.

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