

Impingement

to make an impression; have an effect or impact.

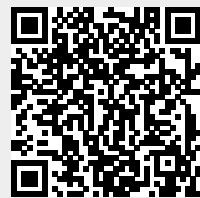
Disc degeneration is a normal part of aging, and usually is not a problem. However, Degenerative Disc Disease (DDD) can cause discs to lose height and become stiff. When disc height is lost, nerve impingement, bone and joint inflammation, and resultant pain can occur.

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)¹⁾.

¹⁾

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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