Intervertebral disc space

The intervertebral disc space refers to the space between two adjacent vertebral bodies in the spine, where the intervertebral disc is located. The intervertebral disc is a cushion-like structure that sits between the vertebral bodies and acts as a shock absorber, allowing for movement and flexibility in the spine.

The intervertebral disc space can be affected by a variety of conditions, including disc degeneration, herniation, and spinal stenosis. In disc degeneration, the disc may lose its height, leading to a decrease in the intervertebral disc space. This can result in compression of the nerves that exit the spinal cord, causing pain and other symptoms.

In cases of disc herniation, the intervertebral disc may protrude or rupture, causing the disc material to compress nearby nerves and leading to pain, numbness, or weakness. Spinal stenosis is a narrowing of the spinal canal, which can cause compression of the spinal cord or nerve roots, leading to pain, numbness, or weakness.

Imaging techniques such as X-rays, CT scans, and MRI can be used to assess intervertebral disc space and diagnose conditions affecting the spine. Treatment options for conditions affecting the intervertebral disc space may include conservative measures such as physical therapy and pain management, or more invasive procedures such as spinal surgery.

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see Cervical disc space.