

# Spinal facet joint

The spinal [facet joints](#), also known as zygapophyseal joints or simply facet joints, are paired joints located on the posterior aspect of the vertebral column. These joints are formed by the articulation between the superior and inferior articular processes of adjacent vertebrae. They play a crucial role in providing stability to the spine and facilitating various movements such as flexion, extension, and rotation.

The facet joints are lined with cartilage and surrounded by a joint capsule filled with synovial fluid, similar to other synovial joints in the body. This arrangement allows for smooth and controlled movement of the spine while also providing cushioning and shock absorption.

However, facet joints can also be subject to degenerative changes, inflammation, or injury, leading to conditions such as facet joint osteoarthritis, facet joint syndrome, or facet joint hypertrophy. These conditions can result in localized back pain, stiffness, and reduced range of motion in the affected area of the spine. Treatment for facet joint-related issues may include medications, physical therapy, injections, or, in severe cases, surgical interventions.

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Last update: **2024/06/07 02:57**

