

Spine tenderness refers to pain or discomfort experienced upon palpation or pressure applied to the spine. Tenderness in the spine can be caused by various underlying conditions affecting the bones, muscles, ligaments, or nerves of the spine. Some common causes of spine tenderness include:

Muscle Strain: Overuse, poor posture, or sudden movements can strain the muscles of the spine, leading to localized tenderness and discomfort.

Spinal Misalignment: Misalignment of the vertebrae, such as in conditions like spinal subluxations or vertebral compression fractures, can cause tenderness at the affected area.

Degenerative Disc Disease: Degeneration of the intervertebral discs between the vertebrae can result in spine tenderness, particularly in the cervical (neck) or lumbar (lower back) regions.

Herniated Disc: A herniated or bulging disc can compress nearby nerves in the spine, leading to pain, tenderness, and other symptoms such as radiating pain or numbness in the arms or legs.

Spinal Arthritis: Arthritis affecting the spine, such as osteoarthritis or ankylosing spondylitis, can cause inflammation, stiffness, and tenderness in the affected joints.

Spinal Infections: Infections of the spine, such as spinal osteomyelitis or discitis, can cause localized tenderness along with fever, swelling, and other signs of infection.

Spinal Tumors: Benign or malignant tumors arising in the spine can cause tenderness, pain, and other symptoms depending on their location and size.

Traumatic Injury: Acute injuries to the spine, such as fractures, sprains, or contusions, can result in tenderness, swelling, and pain at the site of injury.

It's important to note that spine tenderness can be a symptom of various underlying conditions, and a thorough evaluation by a healthcare professional is necessary to determine the precise cause and appropriate management. Treatment for spine tenderness may include rest, physical therapy, pain management medications, chiropractic care, or, in severe cases, surgical intervention. Additionally, addressing contributing factors such as poor posture, ergonomic adjustments, and lifestyle modifications can help alleviate spine tenderness and prevent recurrence.

Spinal epidural abscess should be considered in a patient with back pain, fever, and spine [tenderness](#)

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