

Spondylosis

[Spondylosis](#) deformans possibly represents the normal aging process.

Term referring to degenerative [osteoarthritis](#) of the [facet joints](#) between the center of the spinal [vertebrae](#) and/or [intervertebral foramina](#). If this condition occurs in the [zygapophysial joints](#), it can be considered [facet joint syndrome](#). If severe, it may cause pressure on [nerve roots](#) with subsequent sensory and/or motor disturbances, such as [pain](#), [paresthesia](#), or muscle [weakness](#) in the [limbs](#).

The narrowing of the [intervertebral disk](#) space is associated morphologically with radial bulging of the [disk](#) and linked biomechanically to a reduction of the ability of the motion segment to support physiologic loads.

Therefore the [facet joints](#), the posterior ligamentous complex, and even the paravertebral muscles become overstressed.

The result of this cascade is usually called spondylosis.

This term includes different radiologic and clinical patterns that can be grouped into two main categories: [lumbar stenosis](#) and [instability](#).

see [Lumbar degenerative spondylosis](#).

see [Cervical spondylosis](#).

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