

Thoracolumbar

The thoracolumbar junction refers to the area where the thoracic spine (upper back) meets the lumbar spine (lower back). It is located between the 12th thoracic vertebra (T12) and the 1st lumbar vertebra (L1).

This region plays an important role in providing stability and mobility to the spine. The thoracic spine is connected to the rib cage and is relatively less mobile compared to the lumbar spine, which allows for a greater range of motion. The transition between the thoracic and lumbar regions involves a change in the shape and function of the vertebrae.

The thoracolumbar junction is susceptible to various spinal conditions and injuries, including degenerative disc disease, herniated discs, spinal stenosis, fractures, and muscle strains. These conditions can cause pain, stiffness, limited mobility, and other symptoms in the affected area.

Treatment for thoracolumbar junction-related issues depends on the specific condition and its severity. Conservative measures such as rest, physical therapy, pain medications, and exercises to strengthen the surrounding muscles are often recommended as initial treatments. In more severe cases or when conservative measures fail, surgical interventions may be considered.

see [Thoracolumbar spine](#).

see [Thoracolumbar alignment](#)

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