

7 COMMON SPINE CONDITIONS

Spinal disorders and problems are often nerve-wrecking for the patients who know little about it. Thus it becomes even more important to learn about the common spinal conditions and garner necessary information about them.

According to the Global Burden of Disease 2010, **low back pain** is the single leading cause of **disability** worldwide.

An estimated **10%** of world's population suffers from pain in **lower back**.

One-half of all working **Americans** admit to having **back pain** symptoms.

Americans spend at least **\$50 billion** each year on **back pain** treatment.



Herniated Disc

Also known as Ruptured Disc, it occurs due to the leakage of inner gel or cartilage in the discs.

Spinal Stenosis

It refers to abnormal narrowing of spine leading to compression of spinal cord or spinal nerve.

Scoliosis

It is a medical condition in which the spine has sideways curve, often it is S or C shaped.

Degenerative Disc Disease

A common cause of low-level back pain, it is usually a result of natural breakdown of spine's inter-vertebral disc.

Whiplash

When the head is whipped beyond its normal range, it may result in an injury to the ligaments in the neck.

Spinal Tumor

It is a tumor in the spine that puts pressure on the nerves.

Kyphosis

It is caused by excessive forward rounding of the spine, usually found in older woman.

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Source : <https://www.thegoodbody.com/back-pain-statistics/>
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