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### Facet joint arthrosis, disc degeneration and lumbago

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**A**ging of lumbar spine is an inevitable and continuous process involving its three major weight bearing components: The two facet joints (FJ) and the inter-vertebral disc (IVD). This degeneration is a dynamic process that begins as early as second decade of life and is accentuated by various other disease conditions. The two FJs and IVD are the three components of a “spinal motion segment” which together play an important role in weight bearing and mechanical stability of the spine. The degenerative changes occurring in any of these three components contribute significantly to lumbago/low back pain (LBP) which is a major cause of physical disability hampering day to day activities of an individual, not only in industrialised nations but globally. There is a substantial variation in signs and symptoms, radiological findings and treatment options of lumbago. Health workers invariably get such patients at a later stage of spinal degeneration involving both FJ (Facet joint arthrosis) and IVD (disc degeneration), where the condition has progressed beyond effective medical and surgical repair. FJs being diarthrodial synovial joints undergo early degeneration as compared to IVD. Despite early involvement of FJs, the anatomical, patho-physiological and radiological changes occurring in these joints remain unreported and un-addressed. Early diagnoses of FJA will largely help to reduce subsequent disc degeneration leading to pain and disability, thus providing better patient care, management and prognosis.

#### Biography

Ruchira Sethi is working as Faculty in Department of Anatomy, Santosh University, India. She has more than 10 original research publications to her credit in journals of National and International repute. She is also working as Joint Editor in journal of *The Anatomical Society of India*, an International peer reviewed journal. Lumbago and associated morbid anatomical and radiological changes are her present area of interest and research.

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