

Editorial Note on Spine Disorders

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Editorial Note

Spine or backbone is made of small bones called vertebrae which is stacked with discs one on the top of another. These vertebrae protect our spinal cord and allow us to stand, move and bend. There are number of issues related with spine and damage the vertebrae are infections, injuries, tumors and some changes related to age like spinal stenosis and herniated disks. Another problem is related to the structure of the spine; usually spine will be having S shaped curvature in some cases or damages the curvature of the spine changes. There are three main types of spine curvature disorders i.e., lordosis is also called as swayback in this case the spine of the person will have spine significantly inward at the lower back. Secondly kyphosis, in this case upper back will be abnormally rounded.

Third case is scoliosis in this case the spine of the person will be having C-shaped curve. There are many causes that are involved in spinal curvature disorders are Achondroplasia a disorder in which growth of the bone will reduce leading to dwarfism. Other condition named spondylolisthesis in which the vertebrae in the lower back will slip forward. Osteoporosis leads to vertebrae become fragile and leads to breakage. One of the issue is also leads to obesity. Some of the infections leads to inflammation of the disc space between bones of the spine referred as discitis. Scheuermann's disease is the condition in which vertebrae will be misshaped. Dorsalgia refers to back pain. Cauda equine syndrome is the condition in which the bundle of the nerves

below the end of the spinal cord is damaged, symptoms of this disorder will be lower back pain, numbness around anus and loss of bowel or bladder control, weakness of muscles of the lower legs, sexual dysfunction, and gait disturbance. Diagnosis for this condition is suspected based on symptoms and confirmed by medical imaging such as MRI or CT scan and it can be treated surgically via laminectomy.

Cervical spine diseases also comes under spinal diseases, it is related to diseases in the vertebrae of the neck. Some of the common cervical spine diseases are degeneration of disc, cervical stenosis and cervical disc herniation. Degenerative disc problem occurs when the discs within each vertebrae in the neck fall apart and leads to disintegrate. As each vertebrae cause pain in different areas of body, these type of diseases may be sensed by pain in the back, leg, neck area and the arms. When spinal canal loses its gap and begin to thinner will cause pain in the neck which in turn causes numb feeling in the arms and hands, this disease is less common in younger people as it will arise with aging. Diagnosis and tests for spine disorders will be done by Computed Tomography (CT), Discography, Electromyography (EMG) and Magnetic Resonance Imaging (MRI). Treatment for Kyphosis, Scoliosis and lordosis type of disorders may include Proper exercise and physical therapy to increase muscle strength and flexibility, medication to relieve pain and swelling, wearing a back brace to maintain posture and to relieve from pain, Surgery to correct spine curvature by spinal instrumentation, artificial disc replacement and balloon insertion inside the spine to straighten and stabilize the affected area and relieve pain.

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