



The 3 Phases of Spinal Degeneration

Normal

In a textbook normal spine, the disc spaces are equal and there are no visible signs of degenerative changes.



Phase I

In Phase I of spinal degeneration, the alignment of the spine is altered, however the disc spaces may remain normal. Symptoms and degenerative changes may be present. Nerve tissues become irritated.



Phase II

In Phase II of spinal degeneration, the alignment continues to deteriorate, and disc narrowing is present. Degenerative changes progress and bone spurs are present. Nerve tissues are irritated and begin to atrophy.



Phase III

In Phase III of spinal degeneration, the joint space is no longer visualized. Bone spurs progress to fuse the involved joint. Nerve tissue atrophy occurs.

