



SPONDYLOSIS

Spondylosis is a common spinal condition that happens as part of the natural aging process. Over time, the bones, discs, and joints in the spine undergo wear and tear, leading to changes that can cause discomfort. This condition is similar to arthritis and affects various parts of the spine, like the neck or lower back.



Causes and Symptoms: As we age, our spine can experience:

- **Thinning of the discs** (the cushions between vertebrae)
- **Bone spurs** (small bony growths)
- **Joint stiffness and pain**

These changes may cause:

- **Pain or stiffness** in the neck or back
- **Numbness or tingling** in the arms or legs if nerves are affected
- **Reduced movement** or flexibility in the spine

Diagnosis and Treatment: At Sir Gangaram Hospital, Dr. Shankar Acharya, a senior consultant and spine surgeon, will perform an evaluation that may include imaging tests like X-rays or MRIs. Treatment options can include:



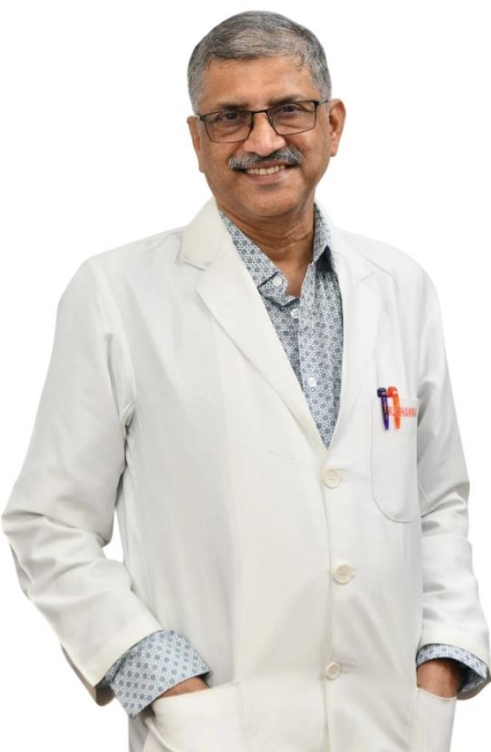
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- **Physical therapy** to improve movement and strength
- **Pain relief** medications or anti-inflammatory drugs
- **Exercise and posture adjustments** to reduce strain

In cases where nerve compression is severe, surgery may be recommended.

With the right care, most people manage spondylosis well and lead active, fulfilling lives.



SIR GANGA RAM HOSPITAL

Trust of Generations

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Official Website

www.SpineSurgeonInIndia.com