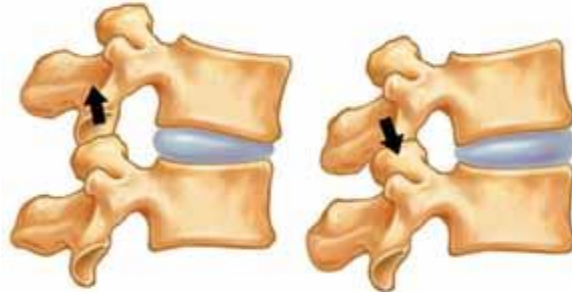


Facet Syndrome

Lateral (Side) View:
Working Facet Joints



In spinal joints there are two sliding joints at each level given a fancy name of zygapophyseal joints. These joints are in between the superior and inferior articulating facets. The joints allow for flexion (bending) and extension (leaning back).

Facet syndrome is usually caused by hyperlordosis or an increased spinal curve of the lower back or neck. This increased curve puts more weight than normal on the facets that can eventually be painful. Extension or leaning back is usually the worse. The increased curve is usually due to poor posture, obesity or pregnancy. If facet pain is not addressed, the vertebral bodies can start slipping and cause problematic degenerative changes

