

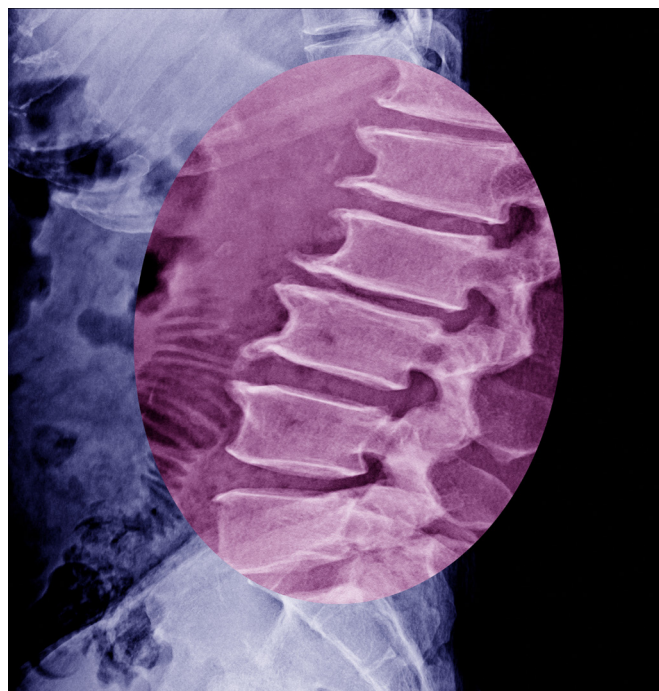
OVERVIEW

A vertebral bone spur is a growth of bone projecting from the edge of the vertebra.

This growth causes pain and inflammation if it rubs against the spinal nerves or other vertebrae and is most common in individuals over 60 years of age. It narrows the space for nerves to exist causing symptoms into the arms and legs.

It occurs in the most stressed segments of the spine at the connection of the neck to the body and at the lowest levels of the low back.

THE LUMBAR SPINE



CAUSES OF LUMBAR ARTHRITIS

This is a degenerative condition most often caused by normal aging processes.

As cartilage is worn down by overuse, the movement and force on the vertebrae stimulates the body to thicken the bone. This new bone is the bone spur.

It is most often coupled with an underlying condition such as osteoarthritis, trauma, degenerative disc disease, or obesity.

SYMPTOMS OF LUMBAR ARTHRITIS

- Back and Neck pain
- Difficulty standing or sitting for long periods
- Aching more in the mornings
- Pain radiating down the arm(s) or leg(s)
- Numbness or burning sensation
- Weakness in arm(s) or leg(s)

TREATMENT OF LUMBAR ARTHRITIS

- Rest and Cold Pack Therapy
- Over-the-counter anti-inflammatories such as ibuprofen may help relieve pain and reduce inflammation
- Prescribed stretching exercises may be beneficial
- Flexion type spine exercises may be started to improve flexibility of the spine, mobilization of the surrounding areas to take the stress off the spine, hip stretching to allow better standing and strengthening of the trunk muscles to improve control and posture

EXERCISE 1: Double Knees to Chest



Instructions:

Begin lying on your back.

Slowly bring one knee at a time to your chest and gently hug your knees until you feel a stretch in your low back, and hold.

Return to the starting position lowering one leg at a time.

Make sure to engage your core when you are lifting your legs and keep your back relaxed during the stretch.

EXERCISE 2: Single Knee to Chest



Instructions:

Begin lying with your arms lying by your sides.

Raise one arm straight overhead, letting it drop toward the floor.

Hold, then bring it back to the starting position and repeat with your other arm.

Make sure not to arch your back as you raise your arms overhead.

Important:

The therapeutic exercises described on this page are for reference purposes only and may or may not apply directly to your condition. Only perform the exercises assigned by your physician. By using this information, you understand the potential risks connected with activity in any exercise, physical fitness or training program.