

# Patient Education

## CERVICAL & LUMBAR FACET SYNDROME

Osteopathy | Physiotherapy | Manual Therapy

Understand | Prevent | Rehabilitate



The facet joint are small stabilizing joints located between and behind adjacent vertebrae in spine enabling you to bend and twist. Healthy facet joints have cartilage which allows vertebrae to move smoothly against each other without grinding. Each joint is lubricated with synovial fluid for protection against wear and tear. Facet joint syndrome is pain at joint between two vertebrae in spine

### Symptoms includes

- Immitted range of motion made worse with extension back bending
- Localized left or right back pain
- Pain may radiated to buttocks, leg and feet
- Persisting point of tenderness on inflamed joint

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### Treatment Options

- Physical rehabilitation to strengthen low back and core muscles
- Anti-inflammatory medication
- Lumbar mobilization and manipulation
- LASER Therapy
- Osteopathic Manual therapy

It is important to include an exercise protocol that focuses on regaining strength and flexibility. Soft tissue work using a foam roller can be helpful to restore muscular imbalances in the area and is most effective when executed before the stretching routine. As for all exercise protocols it is important to conduct the exercises on a regular basis for a minimum of 6 weeks. Discuss these options with your health care professional to determine which would be the best treatment approach for you.

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