

Spinal Arthritis: Arthritis in the Back or Neck

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Description

Inflammation of the facet joints in the spine or the sacroiliac joints between the spine and the pelvis is known as spinal arthritis. Wear and tear, autoimmune disorders, infection, and other ailments could all be factors. Inflammation can sometimes impair the points where ligaments and tendons join to the spine's bones. Arthritis in the back or neck, regardless of where it occurs, is painful and typically becomes chronic.

The causes of back or neck arthritis differ based on the type of arthritis you have. Apart from regular wear and tear and autoimmune triggers, the actual reason in many cases is unknown. Some forms of spinal arthritis have been linked to genetic components, suggesting that it may be hereditary. Age, excess weight/obesity, and the presence of specific illnesses such as diabetes, gout, psoriasis, TB, irritable bowel syndrome, and Lyme disease are all risk factors for spinal arthritis. More than 100 different forms of arthritis exist, with the majority of them affecting the back or neck. Although all forms of arthritis cause inflammation, they are classified as inflammatory or noninflammatory (degenerative) based on their cause.

Osteoarthritis of the spine

The most prevalent type of spine arthritis is osteoarthritis (noninflammatory or degenerative arthritis). It mainly affects the lower back and develops over time as a result of normal wear and tear. Inflammation and pain result from the gradual breakdown of cartilage between the joints. The pain is usually more noticeable when you bend or twist your back because it is caused by mechanical injury. Back injuries from the past may also have a role in the development of degenerative arthritis in the spine.

The facet joints between the vertebrae are commonly affected by osteoarthritis of the spine. Facet joint arthritis, facet joint syndrome, and facet disease are all terms used to describe this condition. Degeneration of the spinal discs (degenerative disc disease) can cause facet joint arthritis in some people. More pressure is conveyed to the facet joints as the discs between the vertebrae weaken. As a result, there is greater friction and cartilage injury.

Cervical spondylosis is a condition that occurs when certain degenerative changes occur in the neck. Neck arthritis does not always produce pain, and many people have no symptoms at all.

Rheumatoid arthritis of the spine

Rheumatoid Arthritis (RA) is an autoimmune disease in which the body's immune system attacks itself. It targets the synovium, the joint lining. Although rheumatoid arthritis affects other joints more frequently, it can also damage the spine, particularly the cervical region (neck). Rheumatoid arthritis of the spine is classified as an inflammatory arthritis because it is not caused by wear and tear. Even when these joints are not in use, it can induce back discomfort (as

well as pain in other joints). Women are more likely to be affected than men.

Spondyloarthritis

Spondyloarthritis is a collection of inflammatory illnesses that affect the joints as well as the areas where ligaments and tendons connect to the bones (entheses). Spondyloarthritis is not the same as rheumatoid arthritis, despite the fact that both are inflammatory.

Many factors influence the therapy of spinal arthritis. They could include your age, pain level, arthritis kind and severity, and personal health goals. Because arthritis causes irreversible joint degeneration, treatment mainly focuses on managing pain and preventing future damage.

Treatments for spine arthritis that aren't surgical include:

- To relieve pain and swelling, Nonsteroidal Anti-inflammatory Medications (NSAIDs) and corticosteroids (pills or injections) are used.
- Other inflammatory arthritis drugs target specific symptoms or triggers.
- Back muscle strength and range of motion in the spine are improved by physical therapy.
- Losing weight, quitting smoking, modifying your posture, and other lifestyle changes can help reduce inflammation and stress on your spine. [1-5]

Conflict of Interest

None

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