

Focus On: Lumbar Spondylosis

As your body ages, it's normal for your spine to change.

You can get osteoarthritis in the vertebrae.

The discs between the bones can dry out, crack, or tear.

When this happens in the lower back, it's called lumbar spondylosis.

There are often no symptoms.

When there are symptoms, you may have back pain and stiffness.

If bony growths push against a nerve root or the spinal cord, you may have numbness, tingling, weakness, or a shooting pain in your buttock or leg.

Treatment usually starts with physical therapy to strengthen the muscles that support the spine.

Using ice or heat can help relieve pain during a flare-up.

Your doctor may prescribe pain medicines or steroid injections, and daily exercise can be helpful as well.

To learn more about lumbar spondylosis, talk to your doctor.