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5 Stages to Spinal Breakdown

Stage I

The Stiff Spinal Segment (SSS)

A SSS is a sluggish vertebra in the spine which does not effectively participate in the overall spinal movement.

Stage II

Facet Joint Arthropathy (FJA)

FJA is the end result of longstanding wear and tear at the joint interfaces of a spinal segment

Stage III

The Acute Locked Back

The facet joint at the back of the spine slips slightly out of alignment due to a momentary lapse of spinal coordination

Stage IV

The Prolapsed Intervertebral Disc

A prolapsed disc is a bulge in the back wall of the disc that fails to disappear when the pressure comes off

Stage V

The Unstable Segment

A 'Loose link" in the spinal chain

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