

Lumbar Facet Syndrome

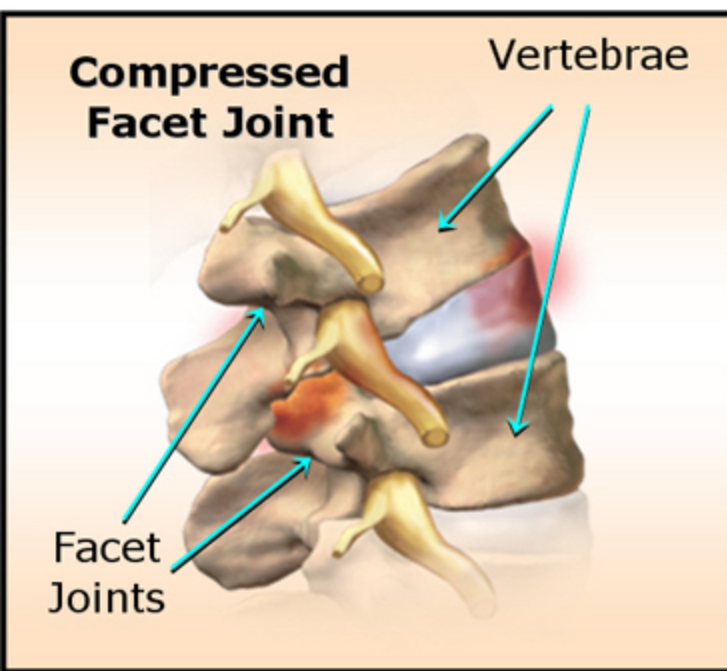
If you answer “yes” to any of the following questions, you may be experiencing Lumbar Facet Syndrome (LFS):

- Are you less productive at work because of low back pain?
- Are you unable to feel your best because of your back condition?



What is Lumbar Facet Syndrome?

LFS of the low back occurs when the joints of the vertebrae in the lower spine are not gliding smoothly. Those joints get fixated or their alignment becomes restricted, which affects mobility and causes pain in the low back.



What Causes Lumbar Facet Syndrome?

When the facet joints are not gliding smoothly, they can compress and irritate the soft tissue surrounding the facet joint. This compression can inflame the spinal nerves and cause numbness, tingling, burning, achy soreness, and pain along the nerve path.

Facet joint pain comes and goes and can be made worse by sudden movement. Usually low back extension is the most painful movement because extension of the spine can cause facets to jam together.

Patients with lumbar facet joint syndrome often complain of low back pain, pain in the leg, and a limited range of motion (ROM). The pain is usually described as a dull aching discomfort in the posterior low back that sometimes radiates down the leg but not usually past the knee.

What is the Treatment for Lumbar Facet Syndrome?

- Spinal manipulation helps relieve the symptoms and the pain.
- Therapeutic exercise improves range of motion.
- Correct lifting techniques, ergonomic chairs, and good sleep posture contribute to spinal health.
- Weight reduction decreases the stress put on the joints.

Follow your healthcare provider’s treatment plan to ensure proper healing and to enjoy optimal health.

