

<u>Causes</u>	<u>Symptoms</u>	<u>Treatment</u>	<u>Determining Diagnosis</u>
Degeneration Abnormal Posture Trauma (MVC, Falls, etc) Increase in forces on joint Heavy Labor Excessive Use Obesity	Cervical facet joint syndrome is felt the areas of the base of the skull, neck, upper or mid-back, and even shoulders. Some patients experience frequent and intense headaches	Physical medicine (chiro) treatment for facet syndrome involve postural correction, massage and manipulation of the affected areas. Injections/medial branch blocks may reduce pain from facet joints for co-treatment	physical exam and collection of health history. In addition you will be asked to share the timeline and triggers of your pain and discomfort. Diagnostic imaging may be used and show facet hypertrophy.

FACET SYNDROME



Each level of your spine functions as a three-joint

complex. There are two facet joints in the back and a large disc in front that comprise each intervertebral segment. This tripod creates great stability, supports all your weight above each level and provides support for you to move in all directions.

The posterior facet joints are synovial joints, similar to other joints in the human body. They experience constant, repetitive

motion, and can become worn or torn. They also can become restricted in movement or develop too much movement resulting in pain. The facet joints are shaped and angled differently in the cervical, thoracic and lumbar spine. This allows for all of the available motion within the spine. Pain stemming from the facet joints is termed “facet syndrome.” The facet joints become inflamed and may cause pain, soreness and stiffness. Patients often report increased pain with extension or prolonged periods of inactivity like sitting or standing too long. Changing positions often improves pain. Facet syndrome pain may feel worse in the morning and improve after moving around as the day progresses. However, for those who work sitting all day with poor posture, they may experience pain throughout the day. Facet joint syndrome which is traumatically induced, will never heal (Manchikanti et al. (2004). It can be the cause of chronic pain for a lifetime, although with conservative care we can prevent worsening and maintain joint health.

