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the intervertebral disc serves several important functions in the spine shock absorption the intervertebral disc acts as a shock absorber cushioning the spine and protecting it from damage during daily activities such as walking running and jumping intervertebral discs serve a number of vital functions in the realms of structural support and locomotion within the disc itself the separate components serve different purposes the np serves to distribute hydraulic pressure throughout the intervertebral disc the intervertebral disc ivd is important in the normal functioning of the spine it is a cushion of fibrocartilage and the principal joint between two vertebrae in the spinal column there are 23 discs in the human spine 6 in the cervical region neck 12 in the thoracic region middle back and 5 in the lumbar region lower back the intervertebral discs prevent friction between two moving vertebrae by preventing vertebral bodies from grinding against each other clinical points intervertebral disc anomalies can lead to symptoms of back pain neck pain and sciatica an intervertebral disc or intervertebral fibrocartilage lies between adjacent vertebrae in the vertebral column each disc forms a fibrocartilaginous joint a symphysis to allow slight movement of the vertebrae to act as a ligament to hold the vertebrae together and to function as a shock absorber

for the spine structure anatomy function allows spinal motion and provides stability links adjacent vertebral bodies together responsible for 25 of spinal column height composition annulus fibrosus outer structure that encases the nucleus pulposus composed of type i collagen that is obliquely oriented water and proteoglycans intervertebral disc disease is a common condition characterized by the breakdown degeneration of one or more of the discs that separate the bones of the spine vertebrae causing pain in the back or neck and frequently in the legs and arms explore symptoms inheritance genetics of this condition intervertebral discs ivds are fibrocartilaginous structures that lie between the vertebrae enable limited movement between the vertebrae and resist spinal compression while distributing the an intervertebral disc is a mass of soft tissue located between the vertebrae of the spinal column it acts as a shock absorber for the spine and allows independent movement of the vertebrae to increase flexibility in the spine many injuries including disc degeneration and herniated discs affect the intervertebral discs anatomy the intervertebral disc acts as a shock absorber and allows flexibility to the spine through a whole range of motions due to its unique structure anatomy of the intervertebral disc the biomechanical properties of the nucleus pulposus and the annulus fibrosus and their responses to a variety of mechanical forces acting on them are discussed intervertebral discs ivds are fibrocartilaginous structures that lie between the vertebrae enable limited movement between the vertebrae and resist spinal compression while distributing the compressive load evenly on the adjacent vertebral bodies synonyms none the intervertebral joints connect directly adjacent vertebrae of the vertebral column each intervertebral joint is a complex of three separate joints an intervertebral disc joint intervertebral symphysis and two

zygapophyseal facet joints this article will describe the anatomy and function of the intervertebral joints the intervertebral disc ivd is a structure consisting of fibrocartilage that lies between the vertebral bodies to provide flexibility and hold compression intervertebral disc degeneration idd is a natural process of aging 1 2 3 1 2 3 1 2 3 a major function of the intervertebral disc is of course mechanical interspersed between but directly attached to the vertebrae at its outer edges they not only carry large loads due to the body weight and muscle activity but they must allow movement in all planes to avoid rigidity in the spine mri radio waves and a strong magnetic field are used to create images of the body s inner structures this test can be used to confirm the location of the herniated disk and to see which nerves are affected myelogram a dye is injected into the spinal fluid before a ct scan is done overview what is a herniated disk a mayo clinic expert explains learn more from mohamad bydon m d mayo clinic explains herniated disk from an accredited us hospital show transcript a herniated disk refers to a problem with one of the rubbery cushions called disks that sit between the bones that stack to make the spine pivd or prolapsed intervertebral disc is a condition that occurs when the material inside a spinal disc bulges or ruptures through the outer layer and compresses the nerves in the spinal canal this can cause pain numbness weakness and other symptoms pivd can be caused by age related wear and tear injury or degenerative conditions disc dehydration in the early stage of ddd the intervertebral discs lose their ability to retain water causing dehydration this results in a reduction of disc height and may lead to a decrease in the space between adjacent vertebrae definition description a herniated disc in the spine is a condition during which a nucleus pulposus is displaced from intervertebral space it

is a common cause of back pain the patient s who experience pain related to a herniated disc often remember an inciting event that caused their pain intervertebral disc ivd degeneration is the leading cause of low back pain which represents a highly prevalent chronic aging associated disorder with a large socio economic burden and a great decline in the quality of life contributing to the pressing need for ivd treatments

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anatomy

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pivd can be caused by age related wear and tear injury or degenerative conditions

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disc dehydration in the early stage of ddd the intervertebral discs lose their ability to retain water causing dehydration this results in a reduction of disc height and may lead to a decrease in the space between adjacent vertebrae

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definition description a herniated disc in the spine is a condition during which a nucleus pulposus is displaced from intervertebral space it is a common cause of back pain the patient s who experience pain related to a herniated disc often remember an inciting event that caused their pain

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