Degenerative Disc Disease

Intervertebral Disc

- Intervertebral discs are made of cartilage (Urban)
  - Cartilage receives poor blood supply and nutrients
- Between vertebrae of spine
- Provide flexibility and weight transfer

What is degenerative disc disease?

- Pain in spine from damaged discs (Cedars-Sinai)
  - Not a disease
- Symptoms (Arthritis Foundation):
  - Back pain
  - Numbness
  - Shift body position for relief
- Cause:
  - Aging
  - Repetitive motion

Treatment

- Running
  - Releases pain reliever, endorphins
  - Increases restoration of damaged discs (Luan et, al.)
  - Strengthens spinal muscles (UMMC)
  - Extra support for spinal pain

- Yoga
  - Compression from positions increases ability of nutrients to diffuse into intervertebral disc by stimulating growth factors (Jeng et, al.)
  - Stimulates cartilage cell growth with tension of various positions (Jeng et, al.)

Anti Inflammatory Medication

- Reduce swelling, reduce pain (UMMC)