



Med Center Health®

[VIDEO TRANSCRIPT]

## 90 Seconds to Better Health – Degeneration of the Spine

*Rasesh Desai, MD, FAAOS, Orthopaedic Surgeon with Med Center Health Orthopaedics & Sports Medicine*

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

Degenerative spine conditions involve the gradual loss of normal structure and function of the spine over time. They are usually caused by aging; but may also be the result of many other conditions.

[DR. DESAI]

When you start getting older, your disc is going to shrink. It's going to collapse over time. The disc is there for a reason – it is a kind of shock absorber, and when you don't have a good cushion in between the bone your spine is going to feel the shock, and it's going to hurt when you move around.

[NARRATOR]

Symptoms of a degenerating spine can include limited motion, sharp or chronic pain, and tingling and numbness in the legs. If you are experiencing any of these issues, you can visit a Med Center Health Orthopaedics & Sports Medicine specialist.

[DR. DESAI]

If the pain is persistent – more than a few weeks – then you need to come and see us at Med Center Health. We can evaluate the patient initially with the x-rays; and, a lot of those patients, we put them through the physical therapy program, exercise program, anti-inflammatory medicine and see how they do.

[NARRATOR]

If patients don't respond adequately to initial treatments, Med Center Health has a full staff of spinal and neuro surgeons available to perform injections and procedures.

[MUSIC] [NARRATOR]

To learn more about your options, please visit [MedCenterHealth.org/ortho](http://MedCenterHealth.org/ortho).