Degenerative Joint Disease (DJD) also known as Osteoarthritis (OA) involves the deterioration of cartilage within the joint from normal wear and tear.

Over 80% of people over the age of 55 suffer from some kind of Osteoarthritis.

DJD can occur anywhere in the body where cartilage is present. Many of our patients have been told they have DJD in their neck or low back. This type of DJD occurs in the joints or facets of the neck or back.

Cartilage is a smooth substance that coats the ends of each bone associated with a joint. Cartilage is living tissue and provides shock absorption and lubrication of joints. It enables bones to slide over one another when we move.

As we age and with wear and tear the cartilage begins to deteriorate. The bad thing about joint cartilage is that when it is injured it heals very poorly. This leaves bone grinding on bone which can lead to swelling, loss of motion and a painful joint.

Age is certainly a factor. DJD is more prevalent over the age of 50.

Family history also plays a role in DJD. If your parents and grandparents had arthritis there is a good chance you will have some arthritis as well.

Injuries play a role in the development of arthritis and DJD. Past injuries can add up over time and severely affect the joints of the spine.

Repetitive overuse of joints can also lead to arthritis. This can be from work related activities as well as leisure and sports activities.

There are two similar terms that are often confused when talking about degenerative changes in the spine. Degenerative Disc Disease (DDD) describes a condition associated with the intervertebral discs of the spine. This is NOT the same as DJD.

Degenerative Joint Disease (DJD) is associated with the facet joints of the spine. With years of wear and tear the cartilage within the facet joint may deteriorate. This can produce pain associated with moving these joints. However, the really good news is aging alone has not been linked to increased back pain.
HOW CAN REHABAUTHORITY HELP ME?

Our Physical Therapists Specialize in spine pain evaluation and treatment.

Not all physical therapy is created equal!

• The Physical Therapists at RehabAuthority have specialized training in the evaluation and treatment of spine pain. **Not all physical therapy is created equal!** At RehabAuthority all of our therapists are required to become certified in Mechanical Diagnosis and Treatment (MDT). MDT is currently one of the most scientifically based treatment methods in the world.

• Therapists certified in MDT have led the charge over the past 20 years in researching disc related problems and injuries. It requires hundreds of hours of training and thousands of hours of patient care to become certified. **Our therapists are the absolute leaders in spine care** in their communities and we believe every patient deserves an MDT assessment to determine the cause, and develop a specific treatment plan for their specific back pain problem.

State of the Art Equipment

• All of our Physical Therapists also utilize state of the art equipment to aid in your rehabilitation. We used advanced technology such as MedX computerized back and neck testing equipment to assist with assessing and treating your back and neck issues.

• Our Physical Therapists also have advanced training in exercise science and utilize the latest techniques and technologies to assist your recovery. In our clinics you will see new equipment and the most up to date treatment techniques available.

Our Offices Work for YOU!

• Our clinics are not like a typical physical therapy clinic. They are clean and attractive and offer a wonderful environment for your recovery. We offer extended business hours and we will work around your schedule. We will also schedule you within 24 hours of your phone call. We know that spine problems can severely impact your life and we want the opportunity to **SOLVE your spine problem not just treat it**.

• If you have questions regarding your specific medical condition you can email us at any time and we are happy to answer your questions: galen@rehabauthority.com

Patient Success Stories

**JUANITA GADLENSKY**

“I have been very pleased with RehabAuthority. They have worked with me and I can walk now without a walker or cane. They have been so cooperative and have treated me very well. I feel much better than when I first started and would recommend them to anyone needing therapy.”

Did You Know?

We offer extended business hours and we will work around your schedule.