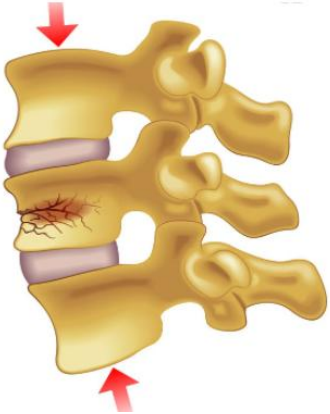
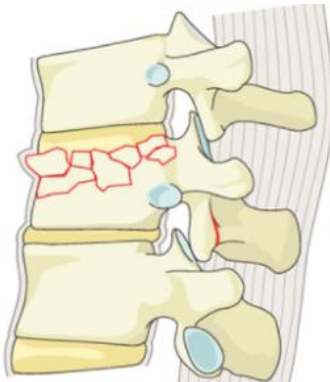
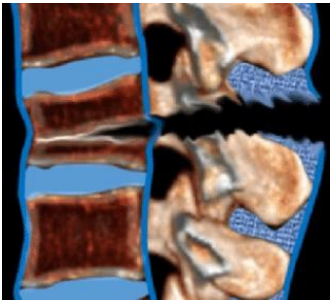
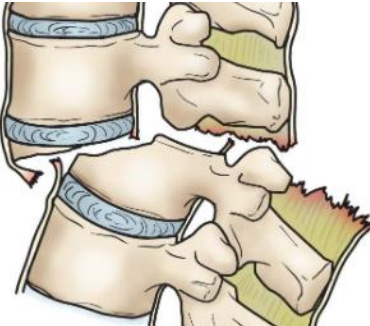
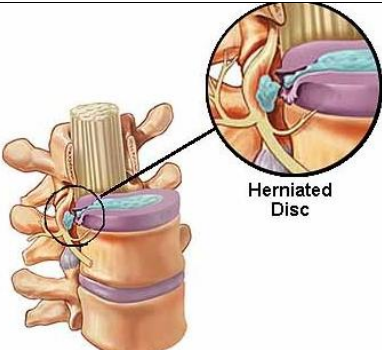



BACK and NECK SOFT TISSUE COMMON INJURIES AND DYSFUNCTION

Injury /condition	Description	Picture
Vertebral fracture	<p>Types of spinal fractures: Compression, Burst, Flexion-distraction and Fracture-dislocation</p> <p>Compression Fracture Causes: Direct or indirect trauma- excessive sudden force of a lot of pressure. With a wedge fracture, part of the vertebra—usually the anterior (front) part—collapses under pressure and becomes wedge shaped.</p> <p>Risk factors: Serious diseases which weaken bones abd their density: osteoporosis, bone cancer.</p> <p>Symptoms:</p> <ul style="list-style-type: none"> • Sudden onset of back pain • Standing or walking increases pain • Lying down decrease pain • Limited spinal mobility • Height loss • Deformity and disability <p>Burst Fracture(more severe) Causes: Severe trauma (eg, car accident)-crushed by extreme forces. The multiple fragments of the vertebra can spread, causing spinal cord injury.</p> <p>Symptoms:</p> <ul style="list-style-type: none"> • Moderate to severe back pain increasing with movement • Numbness, tingling and weakness • The involvement of the spinal cord results in inability to empty the bowel or bladder properly <p>Flexion-distraction Fractures Symptoms:</p> <ul style="list-style-type: none"> • Severe back pain increasing with movement • Abdominal bruising 	  

	<ul style="list-style-type: none"> • Paralysis of the legs • Damage to other organs <p><u>Causes:</u> Sudden excessive force when the spine is made to flex forward, but if there's a sudden forward movement that places incredible stress on the spine(a car accident) A vertebra or vertebrae may be broken</p> <p>Fracture-dislocation <u>Causes:</u> High impact trauma.</p> <p><u>Symptoms:</u> A visible and palpable “step-off” Pain Significant weakness and numbness in the arms and/or legs (if the spinal nerves are severely compressed)</p>	
Herniated disc	<p>A herniated disc (bulged, slipped or ruptured) is a fragment of the disc nucleus that is pushed out of the annulus, into the spinal canal through a tear or rupture in the annulus , it can irritate a nearby nerve.</p> <p><u>Causes:</u> degeneration</p> <p><u>Symptoms:</u> pain, numbness or weakness in an arm or leg</p>	
Facet joint lock	<p>A facet lock is when a facet joint severely restricted in movement or “locked.” It's a type of dislocation in which a lower vertebra's facet joint slips “over” the one above it; it can happen on both sides or one side of a vertebra.</p> <p><u>Causes :</u> Degeneration (due to aging and tissue wear-and-tear) Muscle imbalance or weakness in the surrounding area Previous injury/locking, it may not take much force to</p>	

	<p>cause A trigger :simple movements as bending or twisting,etc</p> <p><u>Symptoms:</u></p> <ul style="list-style-type: none"> • Pain • Inability to move back to your starting position • Referred or radiant pain away from the joint • Muscle spasms on the same or opposite side • Difficulty stretching • Difficulty moving in any direction <p>It can take anywhere from 2-4 weeks if managed and treated correctly.</p>	
Rib fracture	<p>A common injury when one of the ribs are broken or fractured. Broken separate ribs fragments can damage major blood vessels or internal organs(eg. the lungs)</p> <p><u>Causes :</u></p> <p>Direct/indirect chest trauma: fall, a car accident, impact during contact sports,etc</p> <p>Repetitive sports trauma (golf, rowing, etc)</p> <p>Severe, prolonged coughing</p> <p><u>Symptoms:</u></p> <p>Pain which occurs or increasing when:</p> <p>Take a deep breath</p> <p>Press on the injured area</p> <p>Bend or twist the body</p> <p><u>Risk factors:</u></p> <p>Serious disease affecting bones density, weakening them such as Osteoporosis, cancer,etc</p> <p>Playing contact sports: hockey, football, rugby, etc</p>	