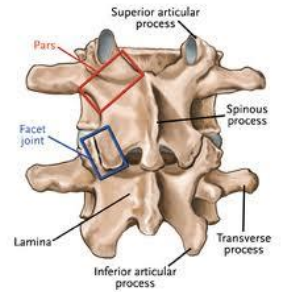


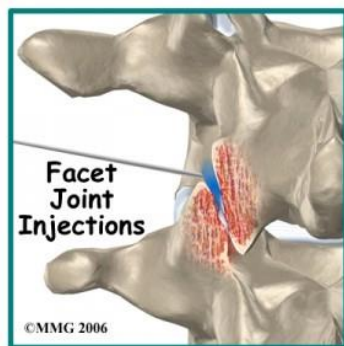
## Cervical Facet Hypertrophy

- Degeneration and enlargement of facet joints
- Each vertebra has two facet joints, one on each side. They are like the “knuckles” of the spine. They are small joints that have cartilage lining like other joints in your body. These wear down over time, with obesity, and with trauma (ex: MVA). Sometimes you have facet disease without any other cause just due to your genetics.
- Facet joints glide and allow movement in order to provide flexibility, stability, and support to the spine
- Enlargement of facet joints can cause pressure on the surrounding spinal nerves and can cause radiating nerve type pains



## Symptoms of Facet Disease

- Stiffness, discomfort when tilting neck backward, joint swelling, decreased mobility, tenderness near inflamed facet joints, muscle spasms and/or weakness
- May cause neck pain that wraps around neck and/or radiates to the top of shoulders
- Symptoms usually present themselves more with reading, sitting at the computer, driving, and/or jobs where you have to look up or down for prolonged periods of time.
- Usually Facet Disease of the cervical spine will present with neck pain only. However, if the facets are enlarged enough, they can compress the surrounding nerve roots and cause radiating nerve pain.
- Therefore, figuring out facet disease can involve a process of elimination. An injection can help to do this. If your pain goes away with a facet injection, then we know this is where your pain is coming from. Sometimes you can have both facet disease and nerve compression. So, sometimes you need an injection to the facets as well as to the nerves.



*referred pain from facet joint injury*

