



## Degenerative Disc Disease (DDD)

### What is Degenerative Disc Disease?

Degenerative Disc Disease (DDD) can happen as part of the natural process of growing older. The discs that are between the bones in your spine breakdown and they lose their ability to bend and stretch or to absorb shock.

### What are the symptoms of Degenerative Disc Disease?

Symptoms of DDD can be pain that begins in your lower back and can be felt in one or both of your legs and buttocks. Other symptoms can be weakness, stiffness, muscle spasm or a decrease in flexibility (not being able to move naturally).

### What are the causes of Degenerative Disc Disease?

Some of the causes of DDD are:

- Growing older
- Repetitive movement
- Having a prior injury
- Arthritis
- Osteoporosis (weak bones)
- Family history

### How can Degenerative Disc Disease be diagnosed?

Your provider will ask you for your medical history and do a complete physical exam. They may also order special x-rays, an MRI or CT scan.

### What are the treatment options for Degenerative Disc Disease?

Treatment options may include:

- Changing your posture
- Making changes in your lifestyle
- Doing relaxation exercises or physical therapy

Other forms of treatment are:

- Medications
- Steroid injections into the painful area
- Surgery