

# SPINAL DEGENERATION: The Leading Cause of Chronic Pain and Disability

A spine with normal alignment and motion will not degenerate or decay.

A spine with abnormal alignment and motion will eventually decay or rot. This is called spinal degeneration. Like heart disease, spinal degeneration is a gradual process that can occur silently for years or decades before the first onset of pain.

**☐ NORMAL**  
Side views of the neck

**☐ PHASE I DECAY**  
Mild to Moderate

**☐ PHASE II DECAY**  
Moderate to Severe

**☐ PHASE III DECAY**  
Severe (Fusion)

