

Spine disorders 101

SOT

Dr. Sohail Syed (SO-hail // sy-ED)

OSF HealthCare neurosurgeon

"You can be a little outside normal, and it's not going to be a major problem. You're probably never going to know. Or you can be in the in-between. You have some symptoms, but it's not that bad. Maybe we don't need to do anything. Maybe surgery is more harmful than just living with it. Then there are the clear and obvious cases where the quality of life is so impacted." (:27)

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"The discs start to thin. The spine starts to tilt. That puts more strain on the joints. They tend to overgrow, twist and change in size. That creates a domino effect. You get this spine that's really twisted." (:20)

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"It pulls the spine into the correct space, frees up the nerves from the pressure on them and gets the spine to heal in that position." (:10)

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"Normally, your spine is made up of a bunch of repeating segments. They move relative to each other. That's how you bend and twist. In AS, the joints start to become solid bone because of inflammation. That leads to very stiff, brittle painful bones. People are predisposed to fractures with minor falls. Those people we typically see, unfortunately, in trauma settings. They have brittle, stiff spine that doesn't have any bend or give. They have a fall, and the spine breaks." (:39)

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"You don't want to be too skinny or too big. That puts either too much strain [when you're overweight] or not enough muscle to support the spine [when you're underweight]. It's like Goldilocks. You want to work out but not too intensely that you're crossing over into injury." (:15)