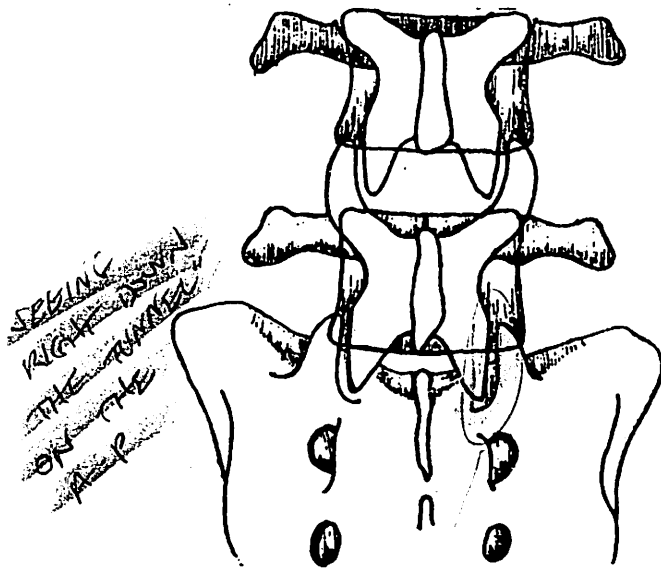


## POSTERIOR ARTICULATIONS

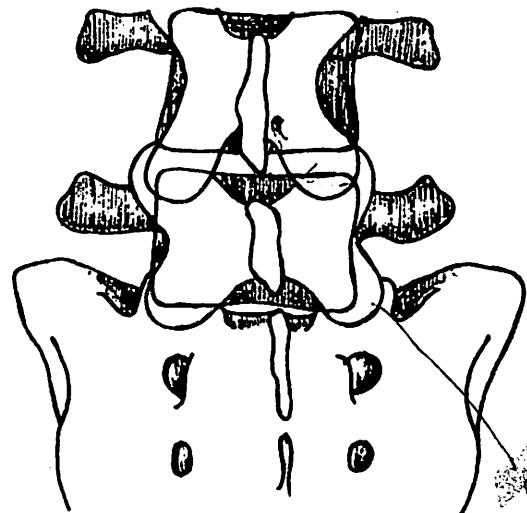
**GENERAL DISCUSSION...** The posterior joints are formed by an inferior articular process from the segment above and a superior articular process from the segment below. The actual articulating surface is formed by a dense plane like area of bone called the **FACET**. The facet surfaces are covered by articular hyaline cartilage and separated by synovial fluid. Synovial fluid lubricates and nourishes the articular cartilage. The entire area is contained within a large paunchy sack called the articular capsule. This joint capsule is formed by two layers, an outer fibrous and an inner synovial membrane.

By classification...they are **DIARTHRODIAL JOINTS** of the...**GLIDING VARIETY**. These articulations are organs of sensory and proprioceptive sensitivity which under acute strain or trauma are insulted and provoked to **EXPRESS PAIN**.

The direction, or plane, of the **FACETS** in any segment will determine the direction of movement to that specific segment of the spine. It may therefore be stated that the facets **PILOT** the direction of movement between two vertebrae. By the same token, the planes of the **FACETS** will simultaneously **PREVENT** or **MARKEDLY RESTRICT** movement in a direction contrary to the planes of the articulation.



**SAGITTAL FACETS...** when the facet planes are vertical and at right angles to the anteroposterior direction...are best suited for flexion-extension of the spine.

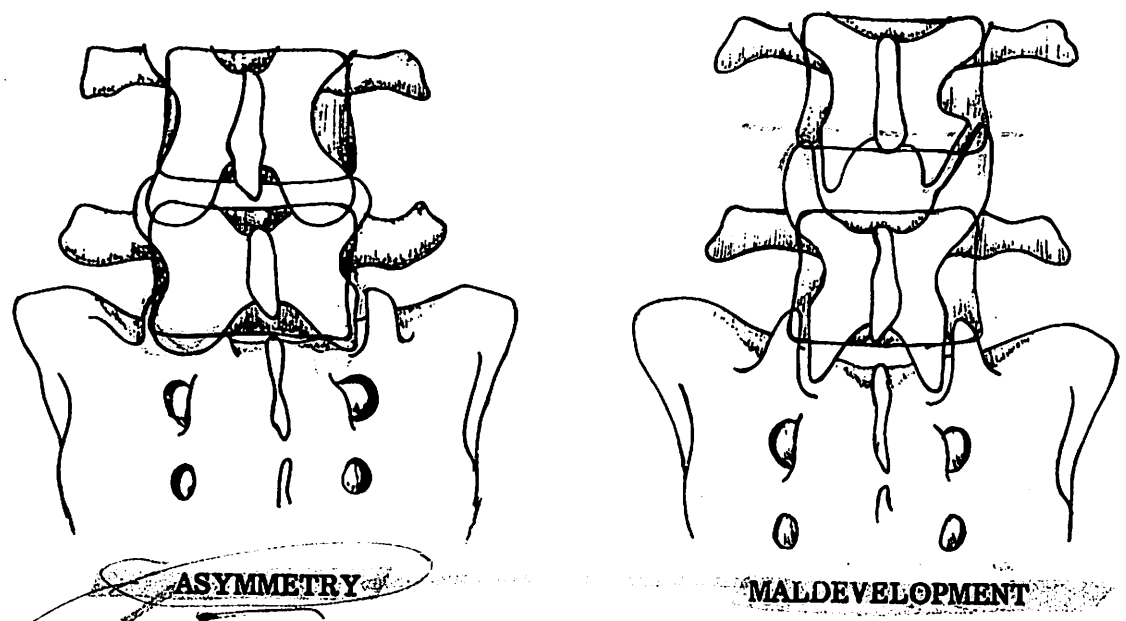


**CORONAL FACETS...** when the facets are rounded or cup-shaped...are best suited for rotation and lateral bending.

DON'T MATTER WHETHER THEY ARE CORONAL OR SAGITTAL FACETS - AS LONG AS THEY ARE SYMMETRICAL.

Russell Erhardt, D.C., D.A.C.B.R.

POSTERIOR ARTICULATIONS (Cont)



TROPHISM or ASYMMETRY... is an anomalous unilateral facet maldevelopment in SIZE and/or DIRECTION. The most common asymmetrical arrangement in the lumbosacral junction is...facets on one side are directed in the...SAGITTAL PLANE, while the facets on the opposite side are directed in the...CORONAL PLANE.

In addition to asymmetrical facets, numerous other distressing architectural faults of the articular processes may be noted to include:

- APLASIA                    congenital absence without growth
- HYPOPLASIA            less than normal growth
- HYPERPLASIA           excessive growth

NOTE... ASYMMETRY OF FACET SURFACES ALTERS NORMAL MOTORICITY CAUSING ECCENTRIC ROTATION AND INSTABILITY OF THE INVOLVED SEGMENTS.

CLINICAL COMMENT... An articular bed of this interosseous disposition will alter normal motoricity and will invoke a mechanical instability to the low back. The neurological bed will be insulted to express local deep-seated spinal pains and radicular pains and syndromes. Patients may experience marked acute exacerbations following periods of increased activity.

The resulting microtrauma of eccentric motion due to asymmetries and maldevelopments will predispose the involved motor segments to early degenerative changes and eventuate into a PATHOLOGICAL SUBLUXATION. Herein is a primary reason for the frequency of occurrence and reoccurrence of subluxations to the articular bed.

IT MAY THEREFORE BE CONCLUDED THAT ASYMMETRY AND MALDEVELOPMENT OF ARTICULAR PROCESSES REPRESENTS A PREDISPOSING AND EVER-EXISTING ETIOLOGICAL FACTOR THAT CANNOT BE LEFT OUT OF CONSIDERATION IN LOW BACK PAIN SYNDROMES.