

# Weakness

Muscle weakness refers to a loss or reduction of physical performance of one or more muscles. This can occur due to many causes including disuse (deconditioning) of the muscle, secondary to a loss of nerve signal to the muscle and as the result of muscle disease or injury. If muscle weakness is accompanied by incoordination and/or paresthesia it is usually the result some type of neurological compromise. Muscle weakness can also be referred to as paresis. Chronic muscle weakness in the pelvic and/or low back region secondary to deconditioning can result in a loss of mechanical stability of the spine which places additional stress and strain on spinal tissues which can lead to spinal segment dysfunction and pain syndromes.