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Spinal Segment Stabilization

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Spinal segmental stabilization has a dual definition. In the surgical field the term is used to describe fusion of spinal segments. In the field of spine rehabilitation, the term is used to describe an exercise approach used to strengthen the back. The approach requires the use of exercises that strengthen deep stabilizing muscles. The primary goal is to increase deep spinal muscle strength and endurance so the muscles can provide greater support to an area of the spine that has become compromised secondary to injury or degenerative changes. Therapeutic outcome studies have shown that individual who do not retrain their deep stabilizing muscles are approximately 12 times more likely to develop recurrent back pain within three years.