



Spinal Instability

Spinal stability refers to a state in which there is adequate control and support between two adjacent vertebral segments in the spine. This is accomplished by both:

- a) passive elements, (the bone, disc, ligaments, joint capsules, etc)
- b) active elements (muscles)

When there is a breakdown in passive elements (a) resulting in pain, it is essential that the active elements (b) are trained to compensate. This can be accomplished with spinal stabilization exercises administered by a physiotherapist.