

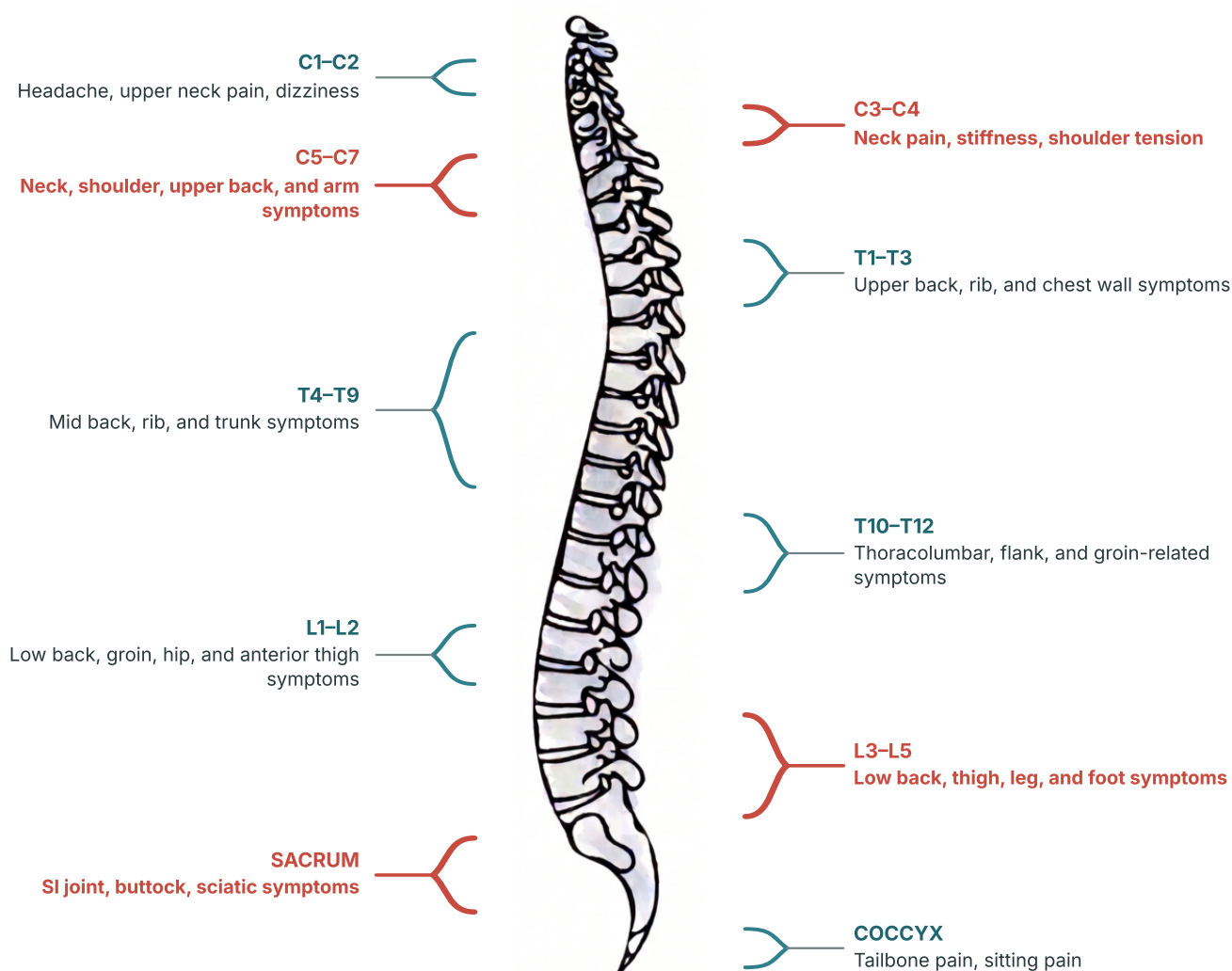
X-RAY REPORT

Marty M's X-Ray Explained

This handout explains the positive imaging findings in everyday language so you can follow the conversation in your clinician's office.

How Spine Regions Can Relate to Symptoms

The lines below show common symptom patterns associated with each spinal region. They provide context for your imaging findings, but do not mean every symptom comes from the spine.



Imaging findings and symptoms do not always match exactly. Your clinician will compare this report with your history and examination.

Overall Summary

The good news is there are no fractures or broken bones in your spine or shoulder. The main findings show routine wear and tear in your discs and spine joints, slight slippage between a few vertebrae, a minor separation in your right shoulder joint,

Mild slippage of spine bones (Anterolisthesis)

Anterolisthesis happens when one spine bone shifts slightly forward over the one below it. Grade 1 is the mildest form of slippage. This mild shifting is present in your neck at C4-C5 and C5-C6, and in your lower back at L5-S1.

Right shoulder joint separation and wear

An AC joint separation occurs when the collarbone slightly lifts away from the top of the shoulder blade, usually from a strain or joint stress. Your right shoulder shows a mild separation at this joint, as well as minor thinning of the protective space inside the main shoulder joint.

Joint wear and bone spurs (Facet arthropathy and osteophytes)

These findings are like calluses on your hands—extra bone the body builds where a joint has worked hard. You have moderate wear in the small stabilizing joints of your lower back at L4-L5 and L5-S1. Small extra bone bumps (spurs) are also present along parts of your neck (C5-C6), mid-back, and lower back (L4-L5).

Disc thinning (Disc height loss)

Spine discs act as rubbery shock absorbers between your bones. Over time, discs can lose moisture and flatten out, like a memory-foam cushion that has been sat on for years and stays compressed. This disc thinning is present in your neck at C4-C5, C5-C6, and C6-C7, and in your lower back at L5-S1.

Narrowing where nerves exit (Neuroforaminal encroachment)

Small side doorways between your spine bones allow nerves to exit and travel to the rest of your body. When surrounding joint tissue thickens, it can be like a garden hose being stepped on where it exits the spigot. Your lower back shows moderate narrowing at these exit points at the L4-L5 level.

Curvature and posture shifts

Your spine normally has natural front-to-back curves, but muscle tightness or posture can alter these alignment angles. Your X-rays show a straightening of the normal curves in your neck and lower back, a slight head tilt, and a mild sideways curve (scoliosis) centered in your mid-back.

Putting it all together

The biggest findings are typical age-related joint and disc wear throughout the spine, along with a mild right shoulder joint separation. These findings represent a mix of gradual wear and tear and general posture or physical strain. The good news is that your bones remain structurally intact with no fractures, providing a stable starting point for physical therapy or routine joint management.

This handout is an easy-to-read translation of your imaging report to help you understand what it says. It is not a diagnosis and does not replace conversation with your doctor.