Knowledge of the various factors associated with pathologies of the vertebral spine has led to great advances in their treatment.

An essential part, in recent years, is the management of different deformities of various etiologies (congenital, idiopathic, traumatic, iatrogenic and degenerative), based on the sagittal balance, which has been individually adapted to each of the different pathologies and types for each patient.

Technological advances have been based on the development of new, less aggressive surgical techniques, such as endoscopies and less invasive techniques, which have minimized tissue damage and enabled patients return to their normal activities in a shorter space of time.

These advances have therefore led to the development of new techniques under study for the full assessment of our patients, linking the clinical symptoms with the use of software applied to diagnostic studies of disc disease, such as Magnetic Resonance Imaging and others, with the application of software with electrodiagnostic studies to evaluate muscle activity in sagittal imbalance in various pathologies that in the future, could be part of the management of these pathologies.

Experimental Research in the area of spinal cord lesions has given us new hope in the treatment of this catastrophic disease, enabling the patient with neurological injury to be rehabilitated into his family, work and social life.

Clinical studies with statistical follow-up in various pathologies are an important source of information, as they reveal the complications of posterior instrumentation techniques, such as adjacent segment disease, and of steroid treatment, in the management of spinal cord trauma; this information enables us to provide patients with more vital treatments, like maintaining the airways permeable with adequate oxygenation, as well as adequate perfusion and alignment, and immobilization of the spine.

In adjacent segment disease, other approaches and techniques are evaluated for achieving optimal sagittal balance without affecting the supporting tissues.

In conclusion, it is beneficial for a country to have professionals in the different areas of research, motivated to continue advancing, and become a driving force for changing the mentality of our health professionals, with the aim of improving the quality of life of our patients.

The future depends on what we believe in the present. The challenge is great, but not as great as the need for change. Facing the problem head on is the start of the solution.