

ABSTRACT

A damping element (1) comprising (a) two spring elements (2, 4) which are coaxial with or parallel to a longitudinal axis (3) and two axially end-wise connectors (5, 6) which can be linked to the spring elements (2, 4), where (b) the first spring element (2) exhibits a spring rate F , (c) the second spring element (4) exhibits a spring rate f , and (d) the spring rates F and f are different. A system stabilizing adjacent vertebrae comprising (a) N pedicle screws or pedicle hooks (12), with $N \geq 3$, and (b) at least one pedicle screw or one pedicle hook comprises receiving means (13) which simultaneously allow receiving two parallel affixation means (7), and where (c) an element (14) acting as a spring is used for affixation between the minimum of one pedicle screw or pedicle hook (12) comprising receiving means (13) and a further adjacent pedicle screw or pedicle hook (12).



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