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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-side connectors (5, 6), 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 device stabilizing adjacent vertebrae, comprising (a) N pedicle screws or hooks (12), where $N = 3$ and where (b) each pedicle screw or pedicle hook (12) comprises receiving means (13) receiving longitudinal affixation means (7) and where (c) an element (14) acting as a spring is inserted between two adjacent pedicle screws (12) or pedicle hooks.