

<u>Causes</u>	<u>Symptoms</u>	<u>Treatment</u>	<u>Determining Diagnosis</u>
Degenerative changes are typically the most common cause. These changes include disc height collapse, disc herniations, thickening of ligaments, and arthritic changes cause bone spurs to form spondylosis.	Aching or stiffness, worse in the morning and/or late evening. Pain may also present with movement and radiate into the shoulder, head, or mid-back areas. feels like tightness or spasm.	Chiropractic treatment involves postural correction, massage, spinal manipulation of the affected area. Moist heat and a daily regimen of cervical stabilization exercises and head retraction stretches.	Physical exam and collection of health history. In addition you will be asked to share the timeline and triggers of your pain and discomfort. Diagnostic imaging (xray or CTscan)

CERVICAL SPODYLOSIS

Spondylosis is another name for symptomatic, degenerative arthritic changes in the spine, commonly referred to as arthritis. As our bodies age, the intervertebral disc start to lose fluid leading to collapse in disc height as well as other degenerative changes including ligaments becoming thickened and stiff and cartilage which surrounds the facet joint wearing away. In an attempt to reverse these changes, preserve stability and lessen stress our bodies increase surface area by creating **bone spurs**, also called osteophytes. The spurs can push on surrounding structures leading to symptoms. Some people develop spondylosis at an earlier age depending on certain risk factors including history of trauma, history of smoking, genetic predisposition, or occupations requiring hard labor. Spondylosis is another name for symptomatic, degenerative arthritic changes in the spine, commonly referred to as arthritis. As our bodies age, the intervertebral disc start to lose fluid leading to collapse in disc height as well as other degenerative changes including ligaments becoming thickened and stiff and cartilage which surrounds the facet joint wearing away. In an attempt to reverse these changes, preserve stability and lessen stress our bodies increase surface area by creating **bone spurs**, also called osteophytes. The spurs can push on surrounding structures leading to symptoms. Some people develop spondylosis at an earlier age depending on certain risk factors including history of trauma, history of smoking, genetic predisposition, or occupations requiring hard labor. Risk factors for cervical spondylosis include:



- Age. Cervical spondylosis is a normal part of aging.
- Occupation. Jobs that involve repetitive neck motions, awkward positioning or a lot of overhead work put extra stress on your neck.
- Neck injuries. Previous neck injuries appear to increase the risk of cervical spondylosis.
- Genetic factors. Some individuals in certain families will experience more of these changes over time, while others will not.
- Smoking. Smoking has been linked to increased neck pain.

Complications include your spinal cord or nerve roots can become severely compressed as a result of cervical spondylosis, the damage can be permanent.

