

Sample wiki

Cervical Spondylosis

Back Ground:

Cervical Spondylosis, also known as Cervical Osteoarthritis, is a condition where the cervical vertebra, disks, and joints degenerate with age. This leads to impingement of movement and pain in the neck. Review of anatomy: https://www.youtube.com/watch?v=RNUpMNd_u1U

Pathophysiology:

With normal aging, the spinal disks will begin to both bulge and dehydrate. This causes a collapse in the space separating the vertebra. In addition, as the facet joints continue to deteriorate they develop arthritis similar to other joints. The decrease in space coupled with the inflammation causes degradation of the intervertebral cartilage. This can lead to bony outgrowths (spurs) which further decrease the intervertebral space. As this space is becoming smaller (stenosis) through multiple mechanisms, the nerves of the spine become compressed causing pain. Cervical Spondylosis defined: <https://www.youtube.com/watch?v=tocupSETCjM>

Epidemiology:

Cervical Spondylosis occurs in some degree to most people with age. However, the pathology is more common in certain populations.

- Genetics—a family history of neck pain and spondylosis
- Smoking—clearly linked to increased neck pain
- Occupation—jobs with lots of repetitive neck motion and overhead work
- Depression or anxiety
- Previous injury or trauma to the neck
- Being overweight and not exercising
- Past spine surgery
- Ruptured or slipped disk
- Severe arthritis
- Small fractures to the spine from osteoporosis

(U.S. National Library of Medicine, 2015)

Signs & Symptoms:

The most common symptom is mild to severe pain and stiffness in the neck. The pain is often exacerbated by looking up or down for a long period of time. The pain is usually alleviated by rest. Another common symptom is a headache located in the back of the head (occiput). Other symptoms may include:

- Numbness or abnormal sensations in the shoulders or arms
- Loss of balance
- Pain or numbness in the legs
- Loss of control over the bladder or bowels
- Muscle spasms in the neck and shoulders
- Grinding or popping noise or sensation when you turn your neck

(U.S. National Library of Medicine, 2015) & (American Academy of Orthopedic Surgeons, 2015)

Exams:

Focused Physical Exam includes:

- Strength—in your arms, hands, and fingers
- Touch sensation
- Reflexes
- Blood flow
- Flexibility—in your neck and arms
- Gait

Other Exams include imaging from x-ray and MRI. Electromyography (EMG) may also be indicated in some instances. Electromyography (EMG) Overview: <https://www.youtube.com/watch?v=gHsZ0bwxMMsg>

Works Cited

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sensation when you turn your neck. Retrieved from OrthoInfo: <http://orthoinfo.aaos.org/topic.cfm?topic=a00369>

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