

# A Note on Cervical Spondylosis

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Cervical spondylosis is incorporate and a widespread range of progressive degenerative changes which affects all the components of the cervical spine (i.e., intervertebral discs, facet joints, joints of Luschka, ligamenta flava, and laminae). Cervical spondylosis is a term for age-related wear and tear affecting the spinal disks in neck. As the disks dehydrate and shrink, it said to be a sign of osteoarthritis, which includes the bony projections along the edges of bone spurs (bones) [1].

Cervical spondylosis is a common and worsens with age. People more than 85% who are older than 60 of age are affected by cervical spondylosis. Most people experience with no symptoms. When a symptom occurs, nonsurgical treatments are very effective.

## Symptoms of Cervical Spondylosis

In most of the people, cervical spondylosis expresses no symptoms. When symptoms occur, they include pain and stiffness in the neck [2]. Sometimes, cervical spondylosis results in narrowing the space which is needed by the nerve roots and the spinal cord which pass through the spine to rest of the body. If the spinal cord or nerve roots become pinched, you may experience:

- Tingling, numbness and weakness in your arms, hands, legs or feet
- Mis-coordination and difficulty in walking
- Loss of bladder control or bowel control

## Causes of Cervical Spondylosis

The bones and cartilage that make up the backbone and neck gradually develop the condition wear and tear. These changes can include:

**Dehydrated Disks:** Disks are like cushions between the vertebrae of spine. By the age of 40, most of the people's spinal disks will start drying and shrinking, which allows more contact bone-on-bone between the vertebrae.

**Herniated Disks:** In this condition age also affects with the exterior of spinal disks. Cracks are often appear, which leads to bulging (herniated) disks, sometimes it may press on the nerve roots and spinal cord.

**Bone Spurs:** Disk degeneration frequently results in the spine producing an extra amount of bone in a misguided effort to strengthen the spine. Sometimes these bone spurs pinch the nerve roots and spinal cord.

**Stiff Ligaments:** Ligaments are cords of the tissue which connects bone to

bone. Spinal ligaments are stiffening with age, and make the neck less flexible.

## Risk factors of Cervical Spondylosis

Risk factors of cervical spondylosis includes genetic factors, age, occupation, smoking, neck injuries.

## Complications of Cervical Spondylosis

If the nerve roots or spinal cord become compressed it results as cervical spondylosis, the damage may become permanent.

Many of the treatments for cervical spondylosis have not been subjected to difficult, and controlled trials. Physical therapy is one of the effective therapies to restore the range of motion, flexibility and strengthening of core [3].

## References

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