

CERVICAL SPONDYLOSIS



Cervical Spondylosis
(Osteoarthritis)

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DEFINITION

- Cervical spondylosis is a term that encompasses a wide range of progressive degenerative changes that affect all the components of the cervical spine (i.e., intervertebral discs, facet joints, joints of Luschka, ligamenta flava, and laminae).
- It is a natural process of aging and presents in the majority of people after the fifth decade of life.

SYMPTOMS

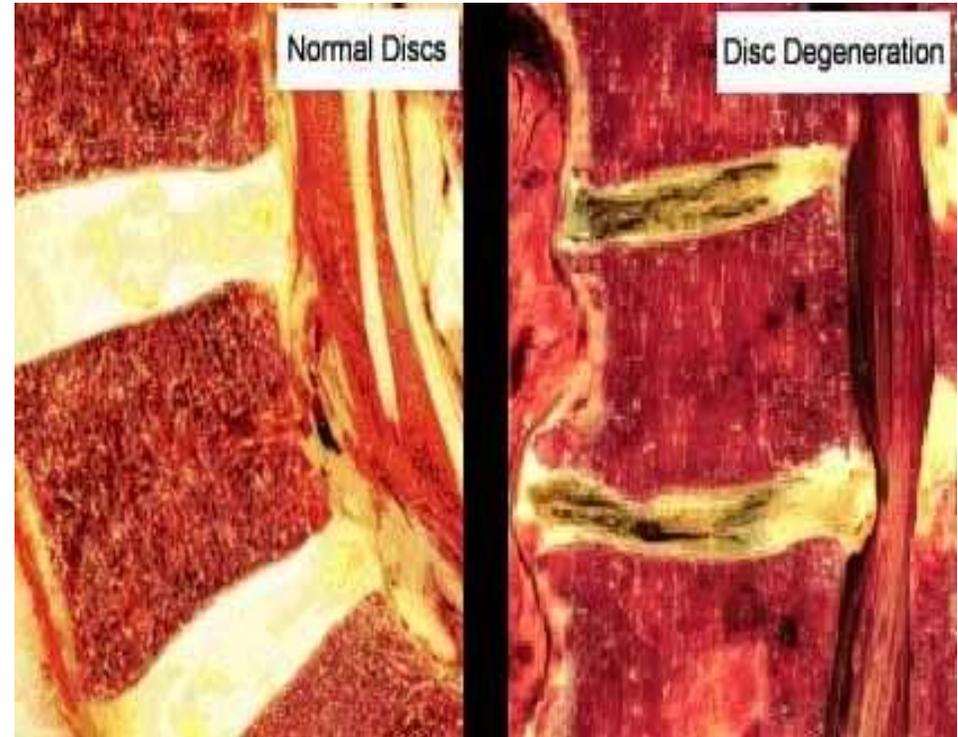
- Neck pain.
- Stiff neck.
- A bump or knot in your neck.
- Muscle spasms.
- A clicking, popping or grinding sound when you move your neck.
- Dizziness.
- Headache.

CAUSES

- Age related wear and tear
- Degenerative disk disease.
- Herniated disk.
- Osteoarthritis.
- Bone spurs (osteophytes).
- Spinal stenosis.



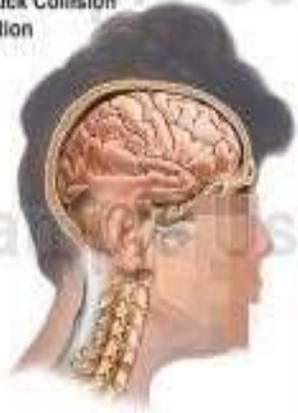
NECK STIFFNESS



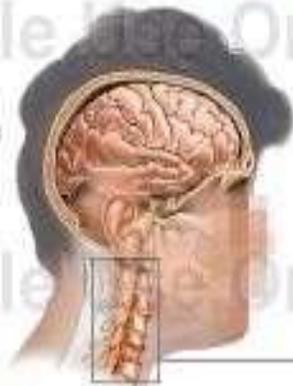
DEHYDRATED SPINAL DISC

Mechanism of Cervical Injury

Pre-truck Collision
Condition



Post-truck Collision:
Disc Condition



Myelomalacia from
C3 through C6

Spinal cord
flattening C4-5

Spinal cord
flattening C6-7



CERVICAL INJURY

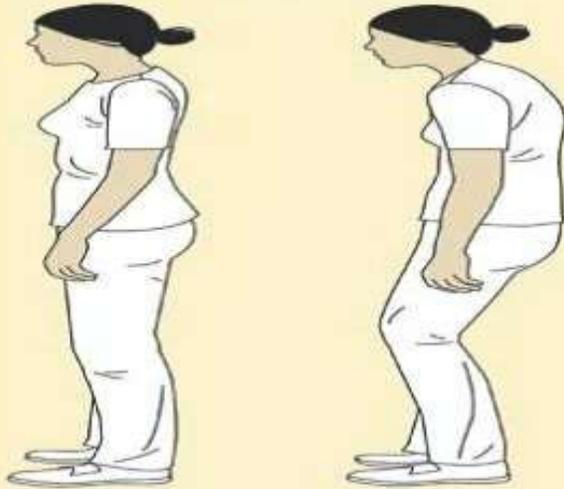


OVERUSE

STRAIGHTEN UP

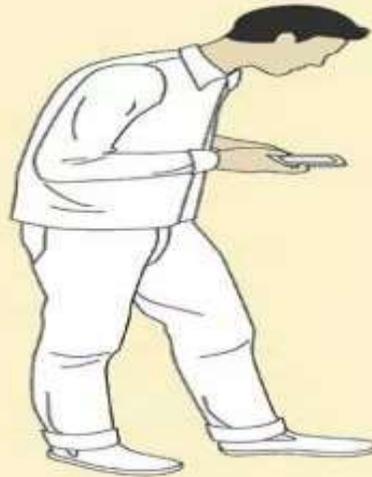
Experts say correct alignment of the spine and body affects both how we feel and how we function.

WHILE STANDING



Good standing posture, left, means ears over shoulders, shoulders over hips, and hips over knees and ankles. Bad posture while standing, right, often results from hours of bad posture while sitting at work.

WHILE TEXTING



When using mobile phones, game players and other electronic devices, people tend to hunch their shoulders, a position that can lead to back- and neck-pain problems, even in teens.

WHILE SITTING



Time spent in front of a computer can lead to posture problems. The shoulders hunch forward, chest muscles tighten, the neck cranes forward and the spine isn't vertically aligned.

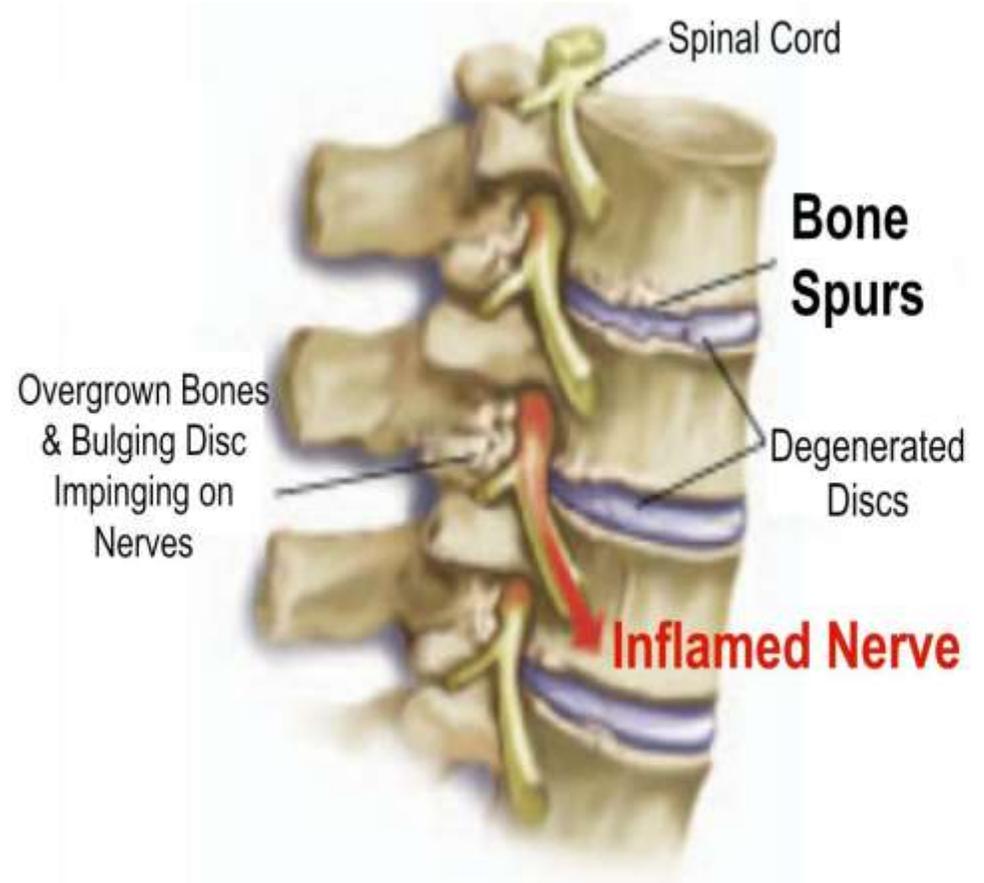
WHILE DRIVING



Sitting in a bucket seat, where the derriere is below the knees, can lead to back pain. Experts suggest sitting on the wide edge of a wedge-shaped pillow, to raise the bottom higher.



AGE RELATED WEAR & TEAR



BONE SPURS

MANAGEMENT

- MEDICATION

Muscle relaxant

Narcotics - to relieve pain

Anti epileptics - Pain due to nerve damage

Steroid injection - decreases tissue inflammation

- SURGERY

- PHYSICAL THERAPY

Strengthening of muscles

Traction

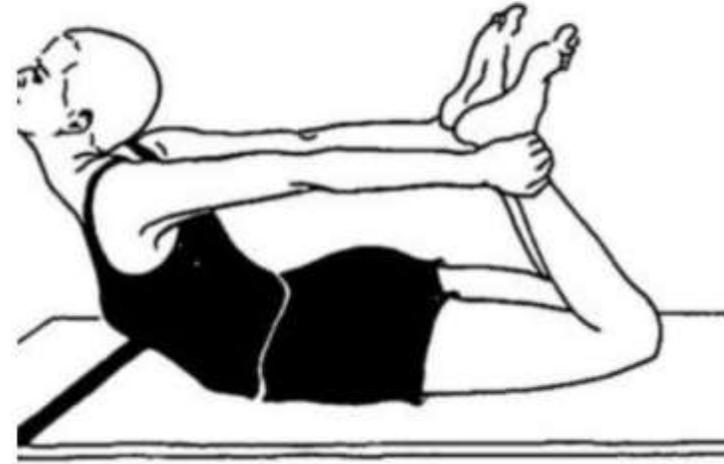
HYDROTHERAPY

- Enema
- Steambath
- Saunabath
- Immersion bath
- Spinal bath
- Spinal spray
- Revulsive compress

YOGA THERAPY

ASANAS:

- Neck exercises
- Hasta uttanasana
- Bhujangasana
- Katichakrasana
- Tiger breathing
- Saral dhanurasana
- Ardha ushtrasana



KATI CHAKRASANA
STANDING SPINAL TWIST POSE



BHUJANGASANA



PRANAYAMAS

- Nadishuddhi
- Bhramari
- Ujjayi
- Meditation and relaxation techniques

DIETARY MANAGEMENT

Foods to be included in diet

- Vitamins A and C helps to reduce inflammation so one must consume lots of fresh fruits and veggies.
- Eat four to six smaller meals, instead of three large meals.
- A diet that's very high in protein can interfere with the absorption of calcium.
- Other nutrients important for reducing inflammation are omega-3 fatty acids and Vitamin E such as oilseeds, nuts and fish.

FOODS TO BE AVOIDED

- Foods with lots of added sugar, like soda, candy, and juices, can trigger inflammation.
- Foods high in saturated fats, like pizza ,cheese and foods high in omega-6 fatty acids like vegetable oils, can cause inflammation
- Foods high in sodium, like most fast foods, can contribute to inflammation
- Foods high in refined starch, like white bread and pastries, can promote inflammation.
- Alcohol can weaken bones and interact with medications, making them ineffective.

ACUPUNCTURE

Main Points

- Fengchi GB20
- Tianzhu UB10
- Dashu UB11
- Dazhui GV14
- Yamen GV15
- Yiming Ex7
- Huoto's Point Ex21
- Ah-shi points

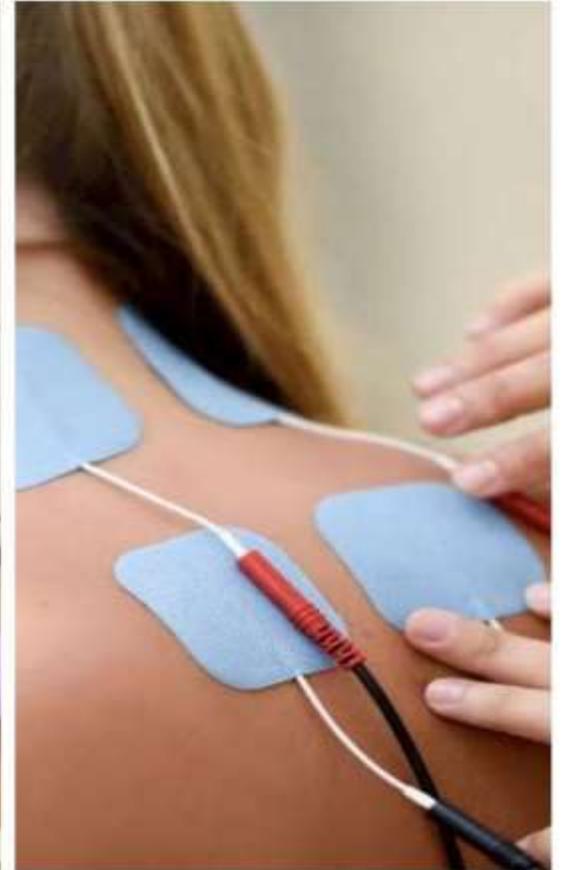


Supplementary Points

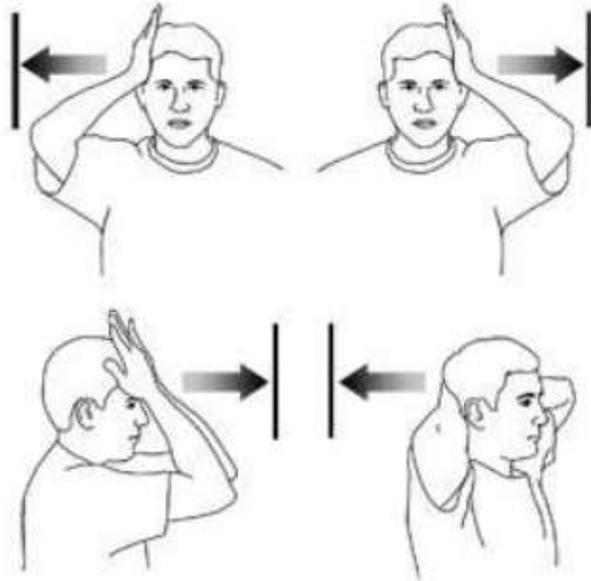
- Baihui GV20
- Lieque L7
- Houxi SI3
- Waiguan TW5
- Hegu LI4
- Yanglingquan GB34
- Xuanzhong GB39
- Neiting St44

PHYSIOTHERAPY

- IFT
- Traction
- Moist heat
- Wax therapy
- Exercise therapy



EXERCISE THERAPY



Isometric Neck Exercises

1. Tuck the chin in towards the neck.



2. Holding the chin tucked press the head into the book.



3. Maintain pressure between the head and book, then slowly turn the head to one side.



4. Now turn the head to the opposite side.





FLEXION / EXTENSION

Bring your chin toward your chest; hold. Return to upright, then bring your head back; hold. Hold the back of your neck with your hands if you need more support.



SIDEBENDING

Bend your ear toward your right shoulder while looking straight ahead; hold, then alternate.



ROTATION

Turn to look over your right shoulder; hold, then switch sides. Add gentle hand pressure at the chin as tolerated for more stretch.



SCALENE

Sit with your right hand holding edge of chair. Place your left hand over your right collarbone to stabilize. Pull chin back, tip ear toward left shoulder, turn to look over left shoulder and hold. Repeat on right side.

MODIFICATION: Begin in the same position, but now tip left ear to left shoulder, and tip head back as if drinking out of a cup.



UPPER TRAPEZIUS

Sit with right hand holding edge of chair. Move chin towards chest, tilt your left ear toward your left shoulder turn right to look up toward the ceiling. Left hand can be used for overpressure-**DON'T PULL**. Repeat to right side.



LEVATOR SCAPULAE

Sit with right hand holding edge of chair. Tip chin towards chest, tip ear toward your left shoulder and nose toward your left armpit. Left hand can be used for gentle overpressure-**DON'T PULL**. Alternate.

For a deeper stretch: Lift right arm up and place hand behind neck. Avoid shrugging. Tilt left ear toward left shoulder, turn head to left. and bend chin down. Alternate.