

Cervical Spondylosis Treatment Guidelines Handout

Introduction

Cervical spondylosis, commonly known as neck arthritis, is a degenerative condition that affects the cervical spine. Understanding the treatment options available can help manage symptoms and improve quality of life.

Non-surgical treatments

Cervical spondylosis treatment aims to alleviate symptoms such as neck pain, improve mobility, and prevent further progression of the condition. With a variety of options available, individuals can work with healthcare practitioners to develop a personalized treatment plan tailored to their needs and preferences.

Physical therapy

- Targeted exercises to strengthen neck muscles and improve flexibility
- Manual therapy to alleviate pain and improve range of motion
- Ergonomic advice to prevent strain

Medications

- Nonsteroidal anti-inflammatory drugs (NSAIDs) to reduce inflammation and relieve neck pain
- Muscle relaxants to alleviate muscle spasms
- Corticosteroid injections for targeted pain relief

Lifestyle modifications

- Maintaining good posture
- Avoiding prolonged sitting or standing
- Incorporating regular breaks and stretching exercises
- Making ergonomic adjustments to workstations and sleeping environments

Heat and cold therapy

- Applying heat to relax muscles and improve blood flow
- Using cold packs to reduce inflammation and numb acute pain

Preventive measures

- Regular exercise to maintain neck strength and flexibility
 - Practicing good posture
 - Avoiding neck injuries by using proper techniques during physical activities
 - Staying hydrated and maintaining a healthy diet to support spinal health
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When to seek medical attention

- Persistent or worsening neck pain
- Symptoms of cervical radiculopathy (pain, numbness, or weakness in the arms)
- Symptoms of cervical spondylotic myelopathy (difficulty walking, loss of coordination, or bowel/bladder control issues)