Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Cervical Spondylosis

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Cervical Spondylosis

Patient Information

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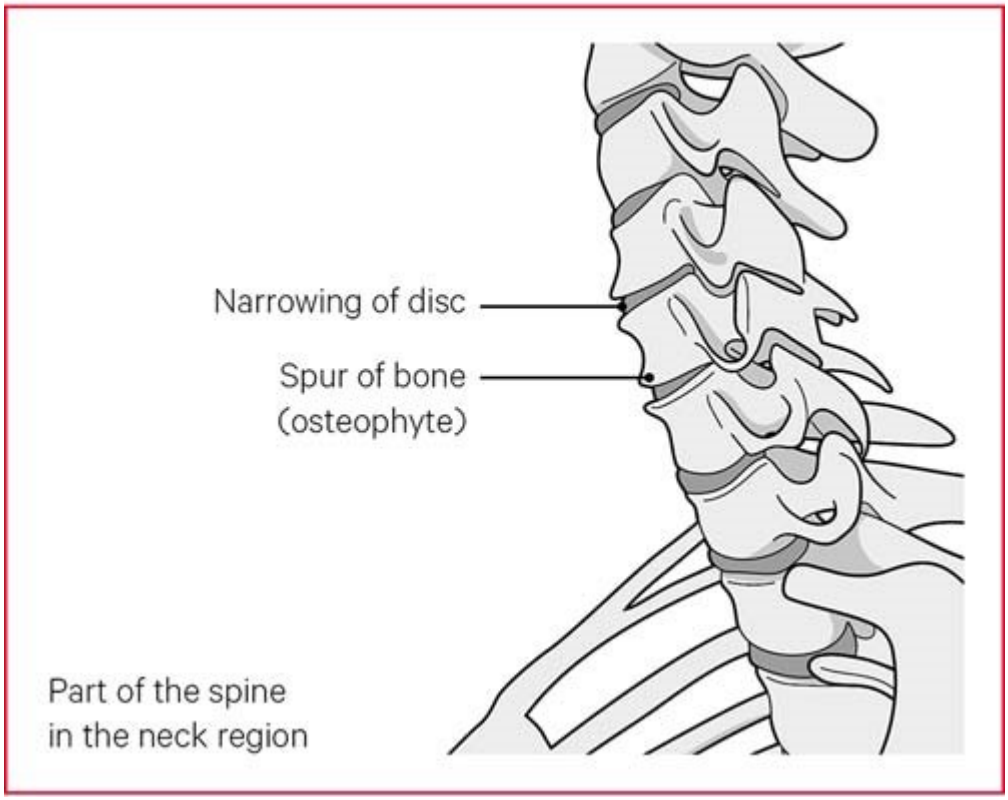
Cervical Spondylosis - What is it?

Osteoarthritic changes in the neck are commonly known by the term cervical spondylosis. It is common and is result of the natural aging process. This age-related change can make the space between the discs and joints of the neck narrower.

The body tries to repair this process by the formation of small growths of extra bone (spurs) at the edge of the joints and vertebrae.

All these changes may be seen on an X-ray, but this does not mean it is always the cause of your symptoms.

Cervical spondylosis



Does this mean I will always have pain?

Almost everyone will have spondylosis at some point in their life, but often it doesn't cause any pain at all, nor does it affect everyday lives.

Spondylosis may increase your chances of having neck pain, but if you do regular exercise, look after your general wellbeing and seek advice from a healthcare professional then any symptoms you experience can be improved and managed.

Symptoms

Occasionally you may feel:

- Local pain
- Pain in your arm(s)
- Stiffness
- Numbness and tingling which may be caused by a nerve being irritated or pinched
- Headaches

Treatment

Try to go about your normal daily routine.

Avoid being in the same position regularly, as static postures for long periods may make

your symptoms worse.

Start the neck and shoulder exercises seen in this booklet. If symptoms persist seek advice from your physiotherapist or doctor.

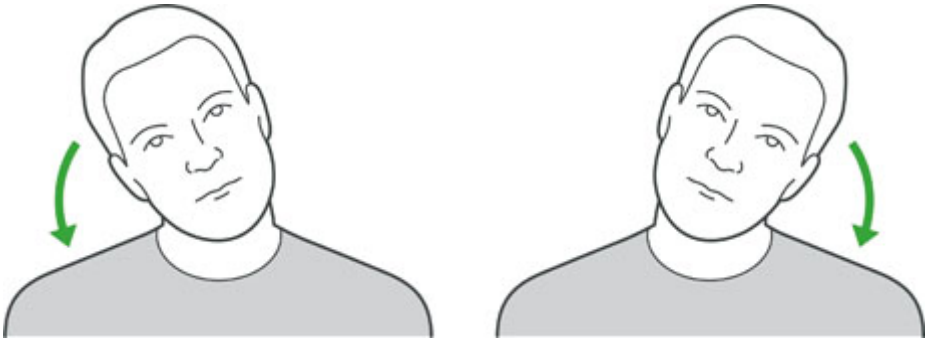
Off-the-shelf pain relief may be enough to ease your pain; if not, or you are unsure what to take, seek extra advice from your doctor.

Use of heat, such as heated wheat bags, over your area of discomfort can be useful.

There is no right or wrong position for sleep, aim to find whatever is comfortable for you.

Range of motion exercises:

Stretching will need to be done daily for better results. The below exercises can be performed in standing or sitting.



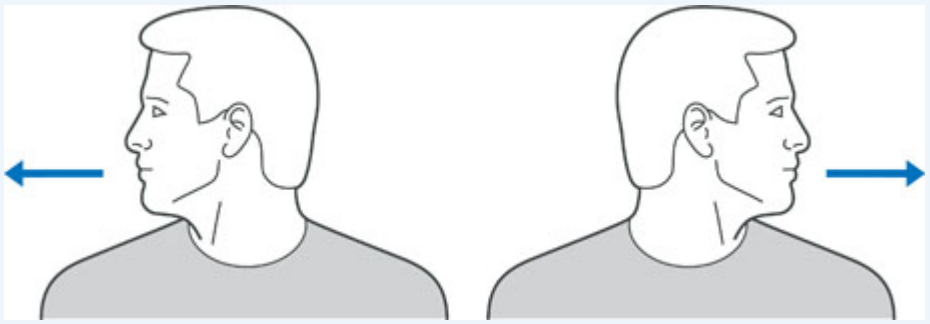
Side Flexion stretch

Tilt your head to the side.

Hold for 10 seconds.

Repeat to the opposite side.

Complete 3 sets each side.



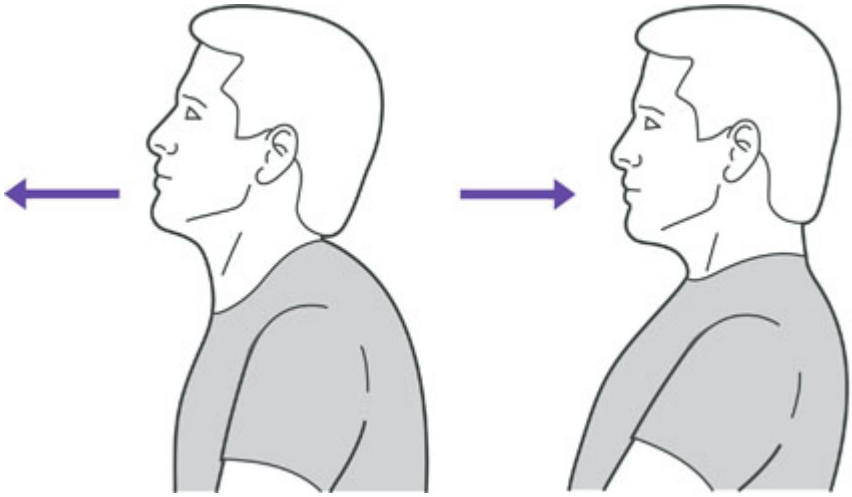
Rotation

Turn your head to the side.

Hold for 5 seconds.

Repeat to the opposite side.

Complete 5 times both sides.



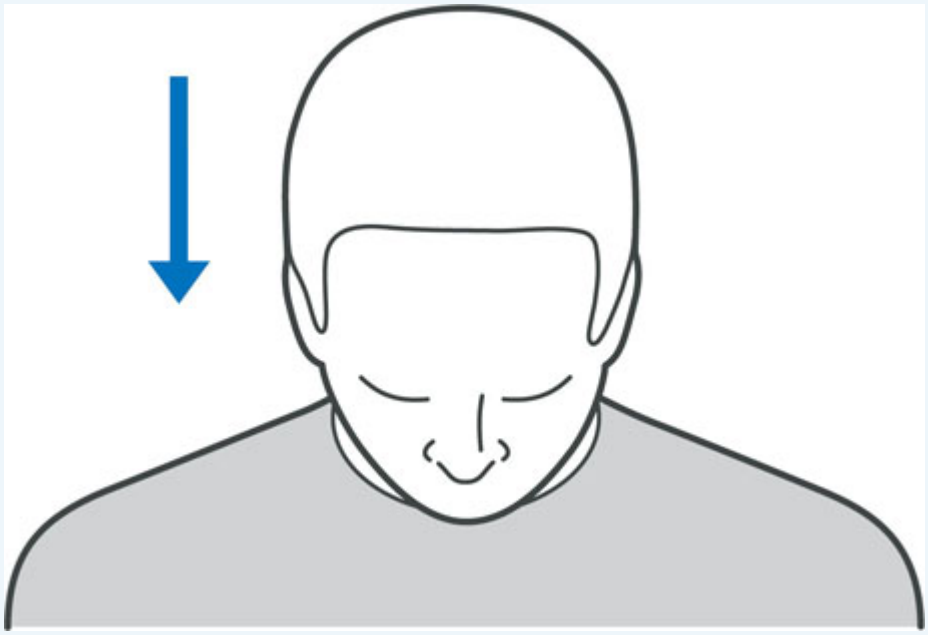
Chin tuck

Poke your chin forward until y
stretch in your throat.

Drag your chin backward unti
cannot go any further.

Hold for 5 seconds.

Complete 5 times.



Flexion stretch

Tilt your head and chin down
chest.

Hold for 5 seconds.

Complete 5 times.



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