

NEUROSURGERY CLINIC



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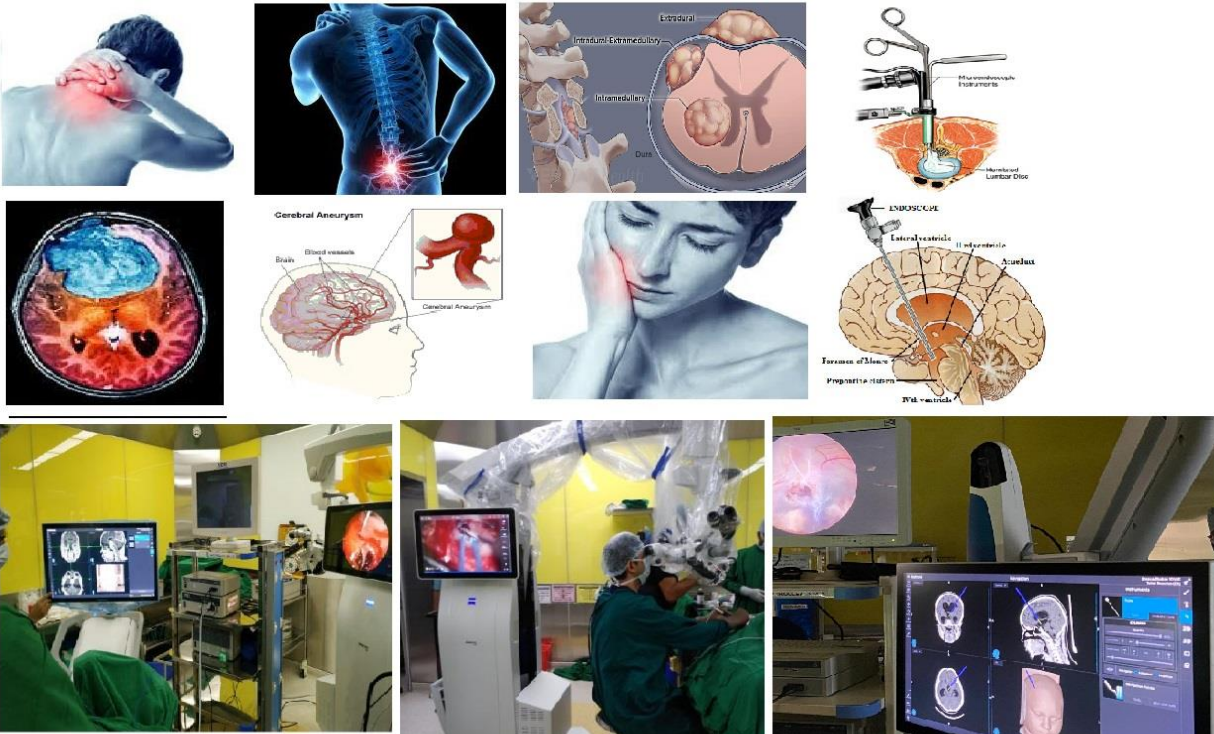
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FELLOWSHIP IN MINIMALLY INVASIVE SPINE SURGERY, SEOUL

WORLD FEDERATION OF NEUROSURGICAL SOCIETIES FELLOWSHIP(WFNS) FELLOWSHIP, SINGAPORE

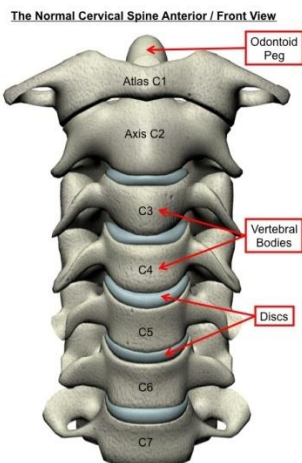


SPECIALITIES: BRAIN TUMOUR SURGERIES, MICROVASCULAR SURGERIES,
NEUROENDOSCOPIC SURGERIES, TRANSNASAL ENDOSCOPIC SURGERIES, MINIMALLY
INVASIVE SPINE SURGERIES, COMPLEX SPINE SURGERIES, PEDIATRIC NEUROSURGERIES

Cervical Spondylosis

What is cervical spondylosis?

Cervical spine is made up of bones (Vertebrae) With cushions (discs) between them. As we grow older, the bones and the discs will degenerate. Bone spurs (osteophytes) may form and spinal canal may narrow (stenosis). These changes are known as cervical spondylosis.



X-RAY SHOWING NORMAL CERVICAL SPINE



Degenerative cervical disorder

What are the symptoms?

As the spine degenerates, osteophytes formation occurs which intends to fuse the vertebrae together to minimize movement. These osteophytes may cause the unwanted symptoms once it comes into contact with any of the nerve root or the spine cord.

The symptoms vary with each individual. The symptoms vary with individual. You may experience.

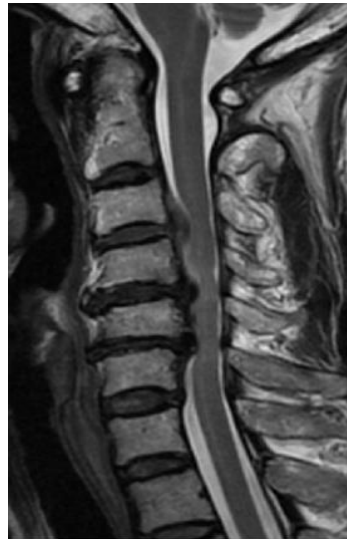
- Neck pain
- Constant deep ache that radiates over the shoulder and down to the arms, hands and fingers
- Numbness or weakness of the arms, hands, fingers or legs
- Muscles spasm, neck stiffness
- Headache

How is cervical spondylosis diagnosed?

The doctor will perform physical examinations including x-rays and, Magnetic Resonance imaging (MRI) studies are helpful. These imagings may indicate abnormalities and reveal the cervical spine.



CT showing cervical listhesis



MRI showing Cervical Disc Bulge

What are the treatment options?

Your Symptoms may last for several months to years. If you have mild symptoms, the doctor may recommend some rest, medication and physical therapy. Surgery will be the last option.

Rest

In the acute phase, you may need to wear a cervical collar to limit neck movement and relieve the nerve irritation.

Medication

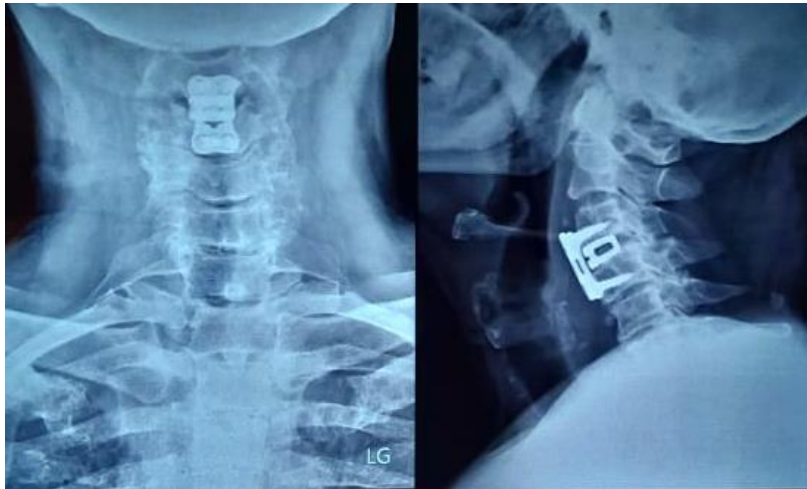
The doctor may prescribe some non-steroidal anti-inflammatory medications (NSAIDs) or other pain relievers to relieve pain and reduce swelling. Usage of muscle relaxants may be useful.

Physical Therapy

A cervical traction, hot/cold therapy or active exercise programme may help to relieve Symptoms, Exercises aims to improve muscle strength and flexibility.

Surgery

It is only necessary if you have severe pain that does not improve with other treatments or when there is progressive neurological symptoms.



Xray showing Anterior cervical instrumentation

How do I prevent cervical spondylosis?

There is no specific way to prevent this condition. However, some lifestyle modifications may slow the process of the degeneration.

Lifestyle modifications include:

- Regular strengthening and flexibility exercises for neck and back muscles.
- Regular aerobic exercises e.g. running, swimming, cycling.

- Postural awareness to maintain good posture.
- Workplace modifications to reduce stress to the back and neck.
- Quit smoking.
- Maintain healthy weight range.