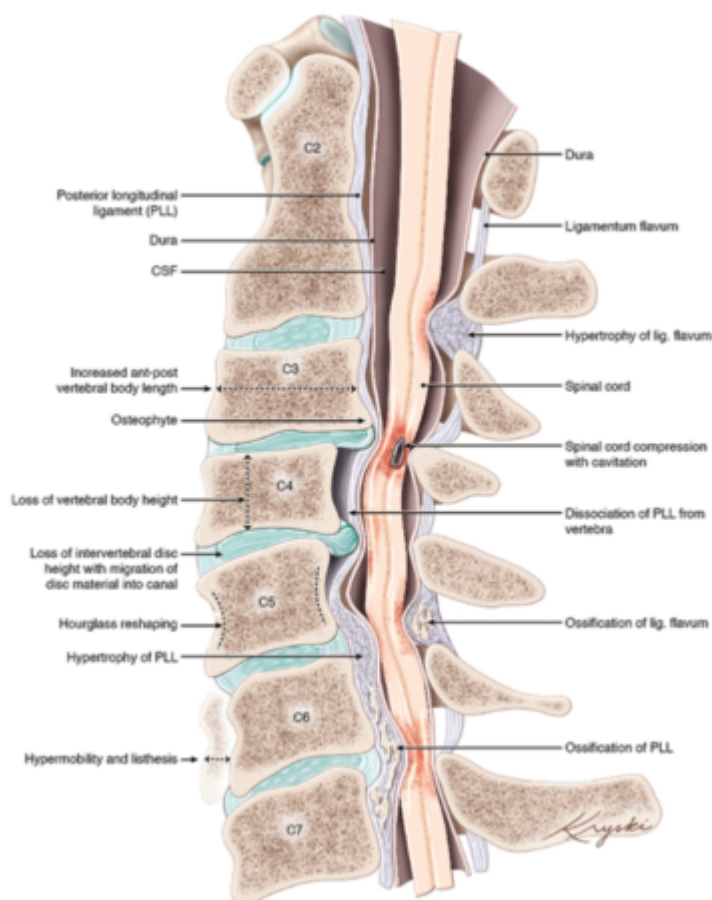


# Cervical degenerative changes



“Cervical **degenerative** changes” refers to the gradual wear and tear that occurs in the cervical spine, which is the portion of the spine located in the neck. These changes are often associated with aging and can affect the intervertebral discs, joints, and other structures in the cervical spine. Here are some common aspects of cervical degenerative changes:

**Disc Degeneration:** Over time, the intervertebral discs that act as cushions between the vertebrae may degenerate. This can result in decreased disc height and may contribute to conditions like disc herniation or spinal stenosis.

**Bone Spurs (Osteophytes):** As the discs degenerate, the body may respond by forming bony outgrowths called osteophytes. These can develop on the edges of the vertebrae and contribute to compression of nearby nerves or the spinal cord.

**Facet Joint Changes:** The facet joints, which facilitate movement between adjacent vertebrae, can undergo degenerative changes, leading to arthritis in the cervical spine.

**Ligamentum Flavum Hypertrophy:** The ligamentum flavum, a ligament within the spinal canal, may thicken over time in response to degenerative changes, potentially contributing to spinal stenosis.

**Decreased Range of Motion:** Cervical degenerative changes can result in a reduction in the normal range of motion of the neck.

**Cervical Spondylosis:** This is a broad term used to describe age-related degenerative changes in the

cervical spine. It encompasses various degenerative conditions affecting the discs, joints, and ligaments.

Common symptoms associated with cervical degenerative changes include neck pain, stiffness, and, in some cases, radiating pain or neurological symptoms if nerve compression or spinal cord compression occurs.

Management of cervical degenerative changes may involve conservative measures such as physical therapy, pain management, and lifestyle modifications. In more severe cases or when conservative measures are ineffective, surgical intervention may be considered to address the underlying structural issues. It's essential for individuals experiencing symptoms related to cervical degenerative changes to consult with healthcare professionals for a comprehensive evaluation and appropriate management.



**Cervical degenerative changes** in the C3-C7 segment with predominant involvement at C5-C6 and C6-C7. **Uncovertebral arthrosis** throughout the cervical segment. Diffuse protrusions of the osteodiscal complexes in the C3-C7 segment with predominant involvement at C4-C5 and C5-C6, in which spinal cord compression is observed with an increase in signal intensity suggesting **compressive myelopathy**. Dispersed and lateral foraminal narrowing throughout the cervical segment.

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