

Cervical facet joint syndrome

Cervical [facet joint](#) syndrome, also known as [cervical facet osteoarthritis](#) or [cervical spondylosis](#), is a condition that affects the [joints](#) in the [cervical spine](#) ([neck](#)). The facet joints are small, paired joints that connect the vertebrae in the spine and allow for movement and flexibility. Over time, these joints can become worn down due to age, injury, or repetitive strain, leading to pain and stiffness in the neck and upper back.

Symptoms of cervical facet joint syndrome can include:

[Neck pain](#) and stiffness

[Headaches](#), especially at the base of the skull

Pain that worsens with certain movements or positions

Limited range of motion in the neck

Muscle spasms in the neck and shoulders

Numbness or tingling in the arms or hands

Treatment for cervical facet joint syndrome may include:

Physical therapy and exercise to improve range of motion and strength

Chiropractic manipulation to help realign the spine

Medications to reduce pain and inflammation, such as nonsteroidal anti-inflammatory drugs (NSAIDs) or muscle relaxants

Steroid injections into the affected joint to reduce inflammation and pain

Surgery in severe cases where other treatments have not been effective.

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