## **Cervical spinal stenosis treatment**

## Nonoperative management

Measures include: prolonged immobilization with rigid cervical bracing in an attempt to reduce motion and hence the cumulative effects of trauma on the spinal cord, modified activity to eliminate "high-risk" activities or bed rest, and anti-inflammatory medications.

## **Surgery**

Cervical spinal stenosis surgery.

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Last update: 2024/06/07 02:54

