

Title: Spine Surgery: A Reasonable Option for Management of Cervical Radiculopathy

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Abstract: Cervical Radiculopathy symptoms of pain, numbness, tingling or weakness of upper extremities as a result of either disc herniation or degenerative changes that occur on the spine. This pamphlet outlines what cervical radiculopathy is and options that one might have to resolve the symptoms.

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WHAT IS CERVICAL RADICULOPATHY ?

Pain or numbness that occurs around the neck or shoulder and travels down to different parts of the arm, hand and finger tips.

SYMPTOMS

- Pain
- Numbness
- Tingling
- Weakness

CAUSES

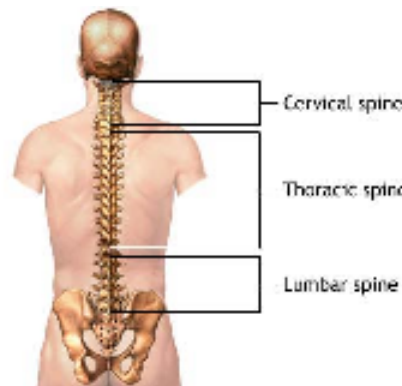
- Disc Herniation
- Bone spurs
- Loss of height

Bulging disc pressing on nerve



Herniated Disc: One of the causes of cervical radiculopathy

SPINE ANATOMY



DIAGNOSIS

- Doctors can often diagnose cervical radiculopathy based on the signs and symptoms.
- However, further imaging is sometimes used. This involves using a CT scan or MRI . This is done to determine the cause of the cervical radiculopathy.

TREATMENT OPTIONS

Treatment Summary: There is no good evidence on the best course of treatment. Often the options are fall into two categories as follows:

1. Conservative Management: This involves a combination of pain medications, muscle relaxers, physiotherapy/physical therapy, or cervical collar. This is the approach that most doctors start with before surgery can be considered as an option.

2. Surgical Management: This is done if patients are not getting any better. This involves surgery performed by a spine surgeon or neurosurgeon. It involves removing the vertebral disc, joining the vertebrae or opening the space that nerves travel through .

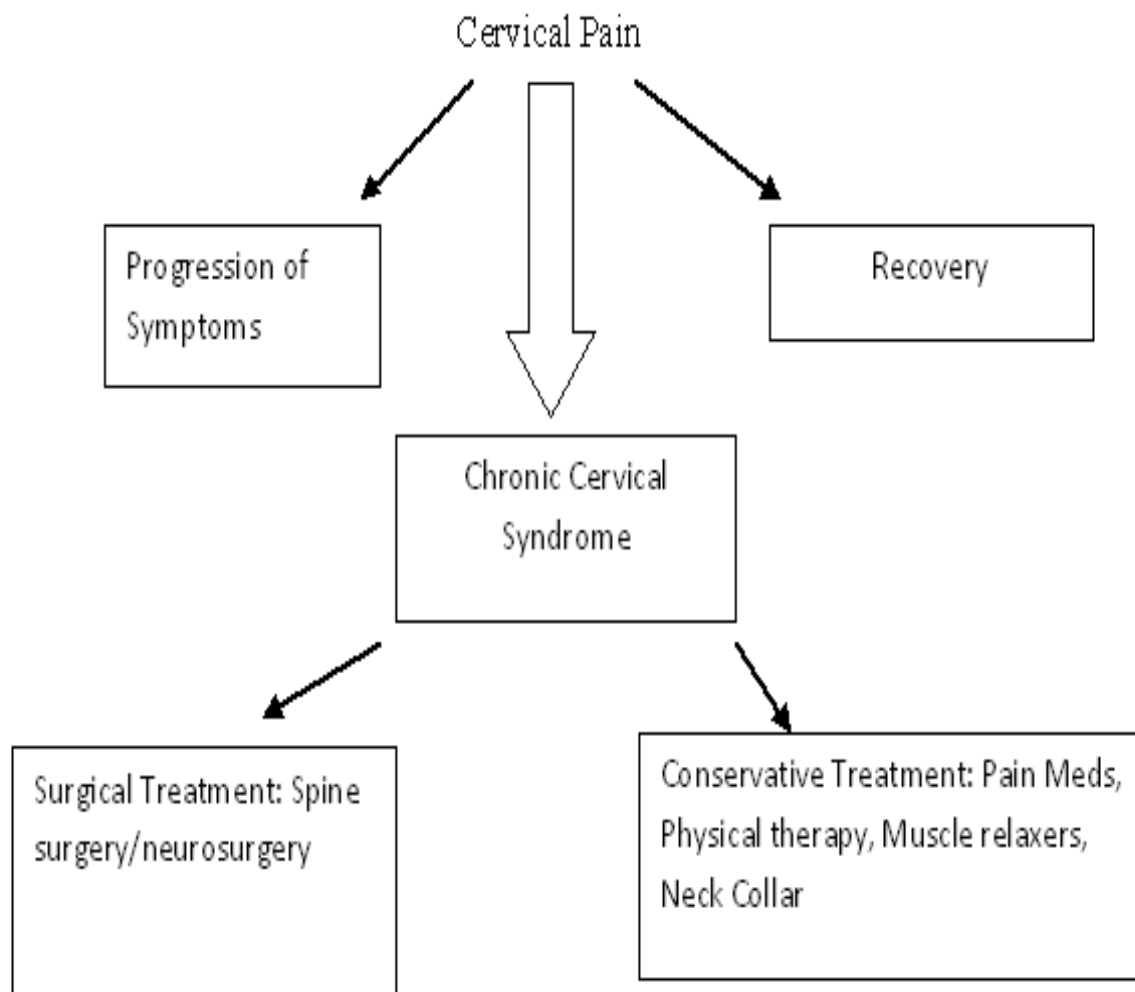
CERVICAL RADICULOPATHY

Patient Education Tool (PET)

University of Minnesota Primary
Care Clerkship

Developed by Edward M. Mairura, MS-3

SUMMARY



IF YOU HAVE QUESTIONS:

Please contact your doctor for more information.

Person L.C.G, et al. (1997) ' Cervical radiculopathy: pain, muscle weakness and sensory loss in patients with cervical radiculopathy treated with surgery, physiotherapy or cervical collar. *European Spine Journal* . 6:256-266

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