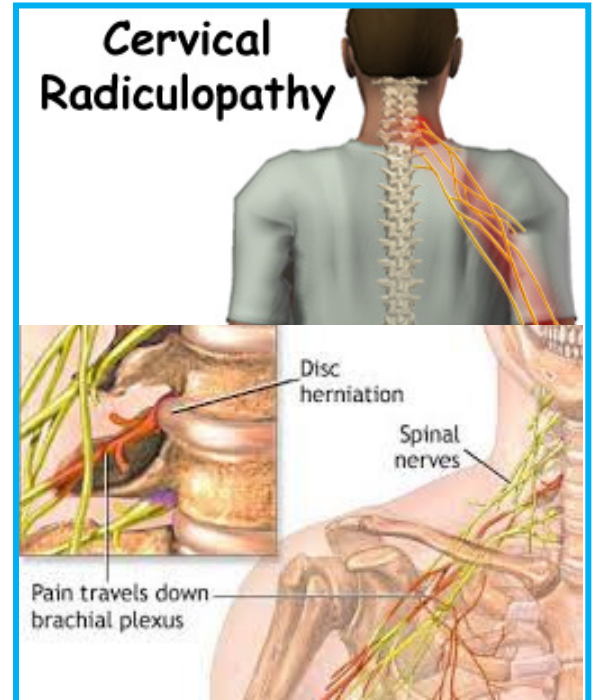


TOPIC OF THE MONTH

CERVICAL RADICULOPATHY

Cervical radiculopathy is the clinical description of pain and neurological symptoms resulting from any type of condition that irritates a nerve in the cervical spine (neck). Cervical nerves exit the cervical spine at each level and then branch out to supply muscles that enable the shoulders, arms, hands and fingers to function. They also carry sensory fibres to the skin and muscles that provide sensation.

When any nerve root in the cervical spine is irritated through compression or inflammation, the symptoms can radiate along that nerve's pathway into the arm and hand (radicular pain).



An increasing number of people suffer from neck and arm pain due to a sedentary lifestyle. New research found that 40% of young people spend most of their time at work sitting, and 32% said that extended periods of sitting can trigger back and neck pain.

A recent study shows that chiropractic care can produce clinically significant reductions in pain for patients with neck pain and cervical radiculopathy.

A team of Swiss researchers observed the effects of chiropractic care on patients with cervical radiculopathy (in this case provoked by cervical disc herniation) in a new study. The study included 50 patients with cervical disc herniation confirmed on MRI scans and orthopedic tests. The patients were treated by chiropractors who used spinal adjustments applied directly to the affected area observed on the MRI scans. After two weeks of treatment more than half of patients had significantly improved. By the three month mark, 85.7% of patients had significant improvements in pain and disability. Additionally, none of the patients experienced adverse effects as result of treatment.

References:

Peterson CK, et al. Outcomes from magnetic resonance imaging–confirmed symptomatic cervical disk herniation patients treated with high-velocity, low-amplitude spinal manipulative therapy.: a prospective cohort study with 3-month follow-up. *Journal of Manipulative and Physiological Therapeutics* 2013; doi:10.1016/j.jmpt.2013.07.002).

Masaracchio M, et al. Short-term combined effects of thoracic spine thrust manipulation and cervical spine nonthrust manipulation in individuals with mechanical neck pain: a randomized clinical trial. *The Journal of Orthopaedic and Sports Physical Therapy* 2013 Mar;43(3):118-27. doi: 10.2519/jospt.2013.4221.

This is a condition that we commonly see at the clinic and treat with success. If you know anyone that suffers with it or you would like more information, please ask Dr Alberto or Dr Antoni.