

Spur Formation (Cervical Spondylosis)

What is it?

Chronic degeneration of vertebrae in the neck/cervical spine and discs. Bony projections, known as spurs, form at joints and irritate nerves by pressing or rubbing on them. Chronic condition. More common in older adults. Often linked to arthritis.

What causes it?

Repetitive or excessive stress. Bulging or herniated discs.

Symptoms

Pain in neck, shoulders and arms. Headaches. Issues with balance.

Rehab

Physical therapy to stretch and strengthen neck muscles

How to Treat it

Anti-inflammatories, painkillers. Neck brace.



Top tips

Stretching and strengthening the muscles in the upper body generally, can help make this condition more tolerable and can help as a preventative measure. Seek advice on an exercise programme.

Definitions

Chronic – overuse injuries, which build up over time

Discs – cartilaginous pads located between the spinal vertebrae. Help to absorb force and to promote flexibility. Protruding or completely mal-aligned disc are referred to as bulging or herniated disc/s.

Cervical Spine – vertebrae in the neck

Bone Spur or Osteophytes – bony projections that develop at joints

Arthritis – inflammation and stiffness of the joints

Associated Conditions

- Neck Strain,
- Cervical Nerve Stretch Syndrome/Burner Syndrome,
- Whiplash,
- Wryneck/Acute Torticollis,
- Slipped Disc/Acute Cervical Disc Disease,
- Pinched Nerve

Get Help Now

Products

Purchase sports injury products from Physique - neck brace, [ice packs](#) or [gels](#), [heat packs](#) or [creams](#),

10% DISCOUNT WITH CODE:
BODYMECHANICS

Services

Online Physical Therapy, Massage and Yoga from Body Mechanics

BOOK NOW