

# Management of Cervical Stenosis

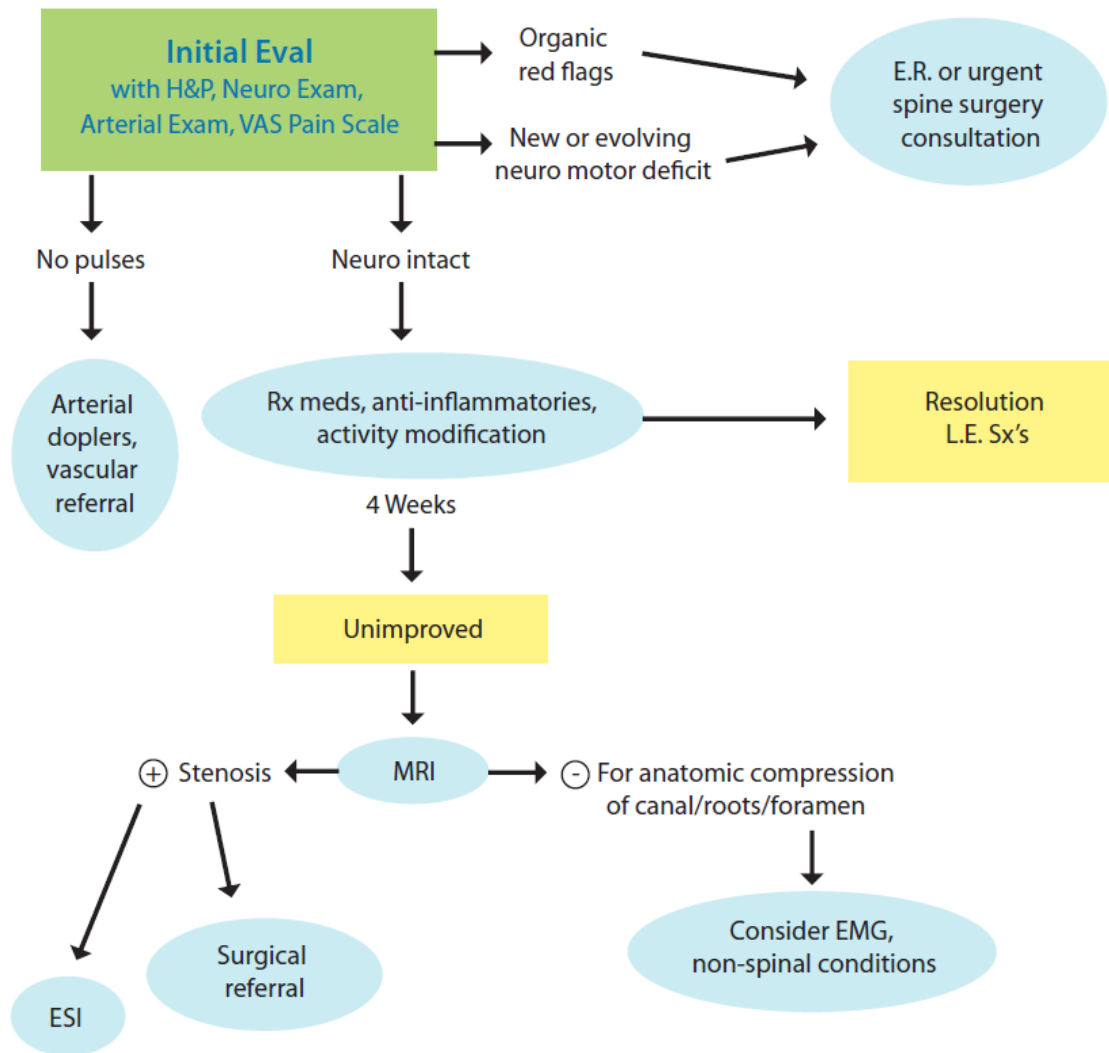
Author: Dr. David Urquia

3/2014

Reviewed: 7/2016

## Cervical Stenosis

Presentation:  
Unilateral or bilateral U.E.  
neuro sx's/signs, with or  
without long-tract signs.  
Not neck pain alone.



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Presentation:

Unilateral or bilateral upper extremity symptoms or four-extremity myelopathy if advanced.

Not neck pain alone, even if ⊕ MRI.

1. Algorithm same as lumbar, except neuro exam may see radicular and long tract (cord) components.
2. Neuro findings may include unilateral or bilat UE, or 4-extremity (red flag).
3. P.T./OMT not part of algorithm unless just treating the mechanical neck pain component, in a neuro-intact patient with no long-tract signs.
4. Cervical ESI — much higher risk/benefit ratio.
5. Cervical stenosis may have no pain component.



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