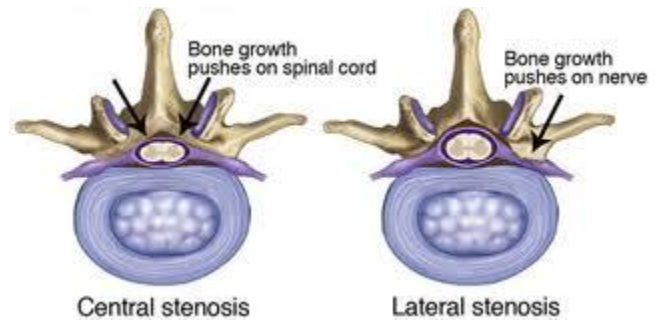
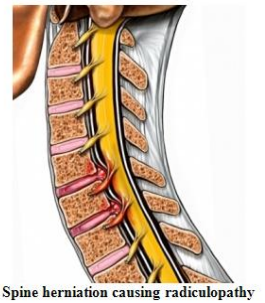


Cervical stenosis

- Narrowing of spinal canal (where the spinal cord and nerves originate) and/or the neural foramen (where the exiting nerves sit)
- This can cause local nerve compression causing your cervical radiculopathy (neck, trapezius, subscapular, shoulder, arm, and/or hand symptoms)
- Can be congenital (something you are born with), acquired (presents over time and with age), or most commonly acquired superimposed on congenital (born with it, but gets worse as you get older and as time passes)
- Most commonly seen at C4-5, C5-6, and C6-7
- More serious stenosis (central) involves compression of the spinal cord which can affect balance, bowel and bladder function, severe headaches, weakness, hyperreflexia, and/or vision problems



Cervical Radiculopathy

- Radiating Arm Pain and/or neck pain that can radiate into subscapular region
- Usually a result of nerve compression or inflammation
- Nerve compression is specific to certain areas of the arm, hand, and fingers.
- Common complaint of foraminal stenosis is shoulder pain, biceps pain, numbness/tingling in fingers, and/or poor grip strength. Can get shooting pains when turn neck a certain direction (such as switching lanes when driving and turning to check traffic)
- Stenosis at C4-5 typically causes symptoms at the neck and trapezius
- Stenosis at C5-6 typically causes symptoms at the biceps, inside of forearm, thumb, index finger, and half of middle finger. Can cause pain by or behind shoulder blade.
- Stenosis at C6-7 typically causes symptoms at the triceps, outside of forearm, pinky, ring, and other half of the middle finger. Can cause pain by or behind shoulder blade.
- Symptoms usually present themselves more with reading, sitting at the computer, driving, and jobs where you have to look up or down for prolonged periods of time.

