

Arthritis of the Neck (Cervical Spondylosis)



Causes of Neck Arthritis

Cartilage Breakdown:
Reduced flexibility and restricted movement.

Bone Spurs:
Painful friction and narrowing of nerve passage (stenosis).

Nerve Impairment:
Potential for neurological issues (cervical myelopathy).

Protect Your Spine:
Exercise, posture, and early medical attention are key to maintaining spinal health.

Anatomy Of The Neck And Skull Arthritis

Bachi T Hathiram, Vicky S Khattar



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