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Your back in focus

Problems with the cervical spine

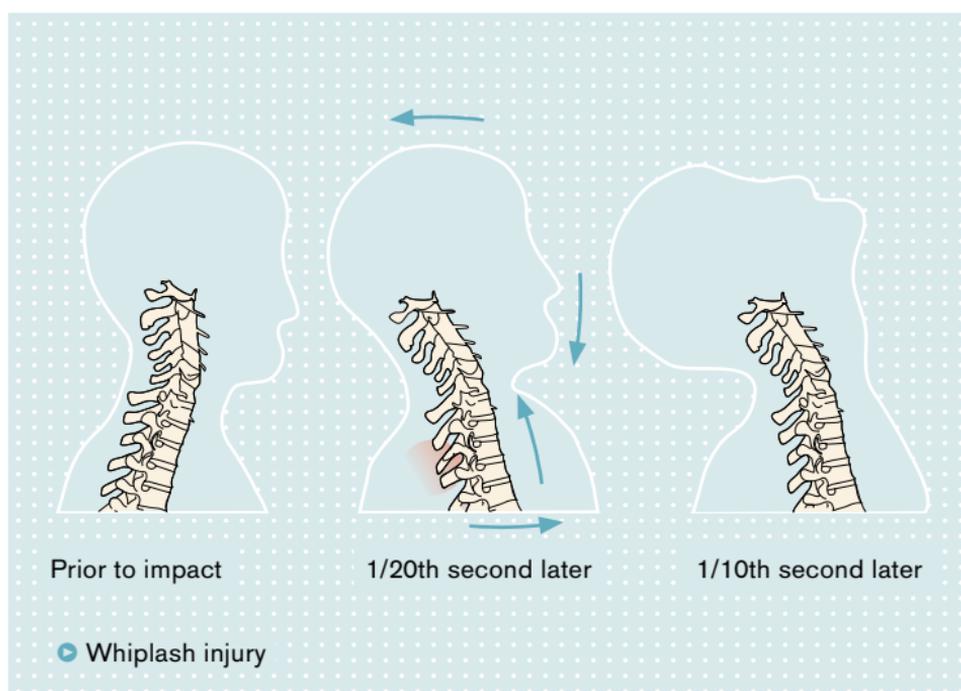


What is a whiplash injury?

A whiplash or acceleration injury is a traumatic injury of the soft tissues in the region of the cervical spine. If you have ever been involved in a car accident as a driver or passenger, you are probably familiar with this type of injury. Since surveys show a continuous rise in the number of affected individuals, we shall explain the causes and treatment of this condition in more detail below.

Causes

- Frequently traffic accidents, which are generally rear-end collisions
- Sport and leisure accidents, especially combat sports



Symptoms

- Pain in the back of the neck
- Stiffness in the back of the neck
- Headaches
- Dizziness and sometimes nausea
- Also possible: neurological symptoms such as vision or hearing disorders (tinnitus)

The individual's mental state can have an effect on how symptoms are perceived.

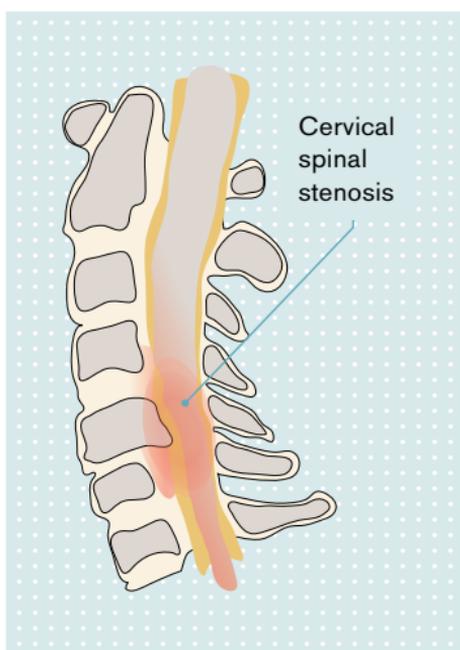
What are the treatment options?

In almost all cases, conservative treatment is given, in which the cervical spine is first immobilised and then activated.

- Pain medication is given temporarily; muscle relaxants may also be prescribed.
- Temporary prescription of an orthosis
- Targeted physiotherapy for neurological deficits
- In case of severe injuries of the central nervous system or musculoskeletal system – neurological or a more stable orthopaedic treatment

What is stenosis of the cervical spinal canal?

Cervical spinal canal stenosis is a narrowing of the spinal canal that puts pressure on the spinal cord or nerve roots. The stenosis can involve bony structures (vertebral arches, vertebral bodies; either constitutional or due to hypertrophic spondyloarthropathy) and soft tissue structures (disc, connective tissue, scar tissue). Anyone who knows an affected individual or is affected themselves knows how painful and debilitating this condition can be.



Causes

- Congenital narrowing of the spinal canal
- Degenerative (osteoarthritic) changes of the spine, intervertebral discs and ligaments
- Degenerated intervertebral discs cause the vertebral joints to move closer together
- This may lead to bone spurs and to enlargement of ligaments. This results in a narrowing of the spinal canal and possible compression of the nerve roots or spinal cord.

Symptoms

- Pain in the back of the neck
- Numbness and/or paralysis in the arm
- Unsteady gait
- Coordination disorders
- Changes in decreased tactile sensitivity

Treatment options

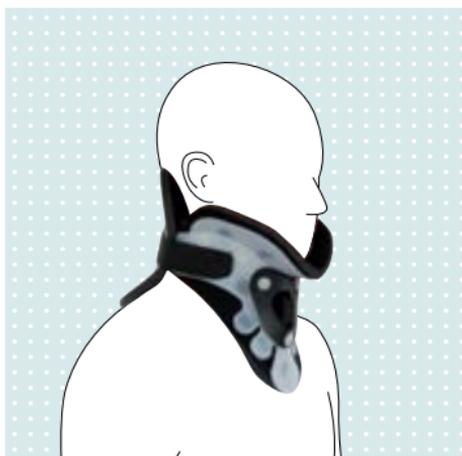
- Immobilisation in a cervical collar
- Treatment with steroidal anti-inflammatory drugs, or possibly muscle relaxants
- Extension of the cervical spine (traction)
- Strengthening the neck muscles and the shoulder blade with the help of stabilising devices for the segment of the spine between the lower cervical and upper thoracic vertebrae

Below, we would like to present five supporting braces and four exercises for these specific conditions. We hope these exercises help and that you get well soon!

Use of braces

Stable cervical braces

To immobilise and relieve the cervical spine. Rotation and mobility of the cervical spine are restricted.



Smartspine Collar

Art. no. 50C90

High stability and good fit

The adjustable aluminium rod on the component behind the head allows the collar to be individually shaped to the cervical spine and provides additional stability. Washable padding completes the product.

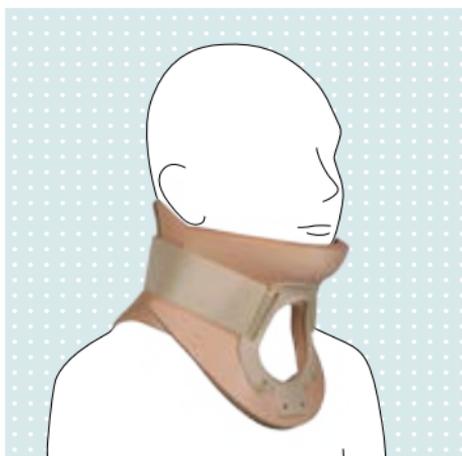


Smartspine Universal Collar

Art. no. 50C91

Comfortable to wear with high stability

The flexible material provides high stability and a good customised fit. The detachable and washable foam padding ensures good hygiene and comfort.



Philadelphia Cervical Brace

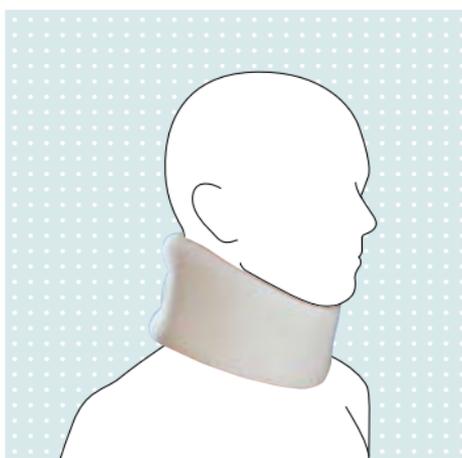
Art. no. 50C40

Proven design with a good fit

The two-part brace provides high stability and is comfortable to wear. It allows a good fit with a broad size range.

Soft cervical collars

Stabilisation and relief of the cervical spine

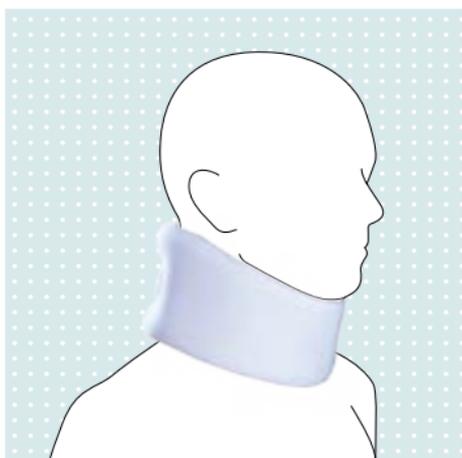


Necky Color Forte

Art. no. 50C30

Moderate stabilisation and relief of the cervical spine

The breathable foam supports your cervical spine by restricting the range of motion and simultaneously providing warmth.



Necky Anatomic

Art. no. 103–105

Slight stabilisation and relief of the cervical spine

The anatomically shaped foam warms and supports your cervical spine. The chin recess also ensures a good fit.

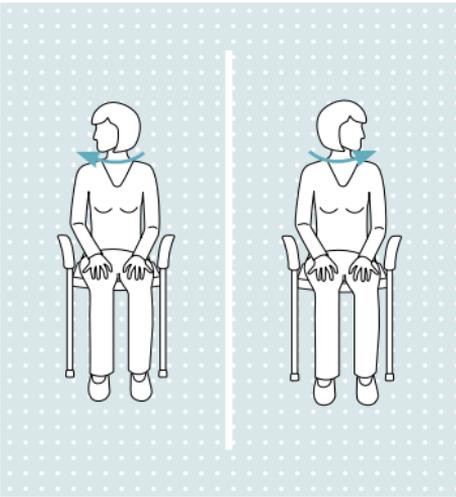
Exercises you can do at home

Your practitioner will prescribe a treatment plan to suit your particular cervical spine pain. You can supplement this treatment with the following exercises, which you can do at home. Make sure that you speak to your practitioner before undertaking them.



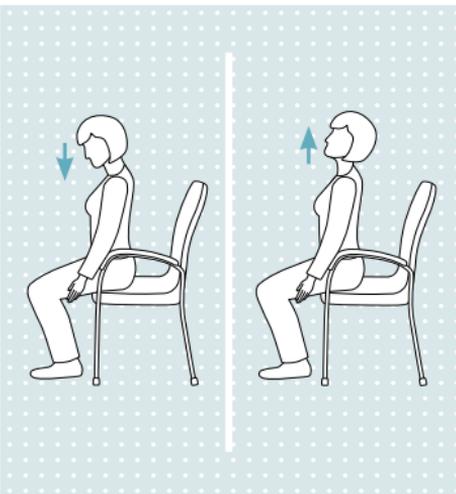
Isometric exercises to stabilise the cervical spine

You should avoid extreme movements of the head as well as the lifting of heavy loads during the first three months after injury. After twelve weeks you can gradually increase loads. Below are four exercises that may help you. Please consult your physician before use.



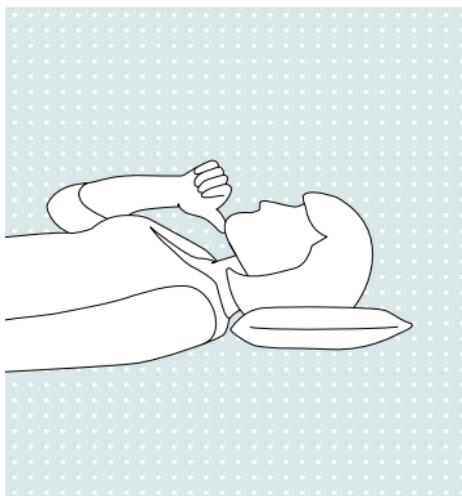
Exercise 1

Sitting upright, turn your head slowly to the right and left.



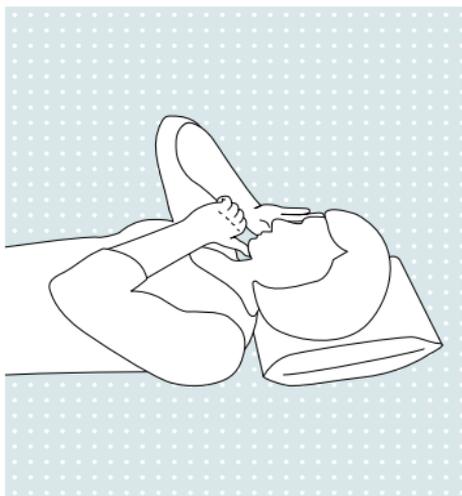
Exercise 2

Sitting upright, tilt your head slowly up and down.



Exercise 3

Lie down with your back flat on a stable surface. Rest your head on a pillow that extends only to the shoulders. Press your chin down against your thumb and press the back of your head against the pillow. Ensure that the tension builds up slowly and is then released.



Exercise 4

Build up the same tension as in exercise 3 and, in addition, press your head against your left hand. Then switch hands.

Please respect your individual pain threshold for all exercises shown here.



Please do not hesitate to contact us if you have any further questions or you would like more information.