



CERVICAL SPINE CENTERS

“Axial Neck Pain”

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cervicalspinecenters.com

Cervical Spinal Pathology

- The 3 Pain Sources:
 - Facet Joints → RFAs, NSAIDS
 - Cervical Radiculopathy → Epidurals, if Moderate/Sever Stenosis on MRI Spine Surgery Evaluation
 - Muscle Soreness → PT, Muscle Rx, Testosterone, Breast Reduction
- Things to watch out for i.e. Spine Surgery ASAP
 - Myelopathy (Central Stenosis 5.0mm Critical)
 - Infection

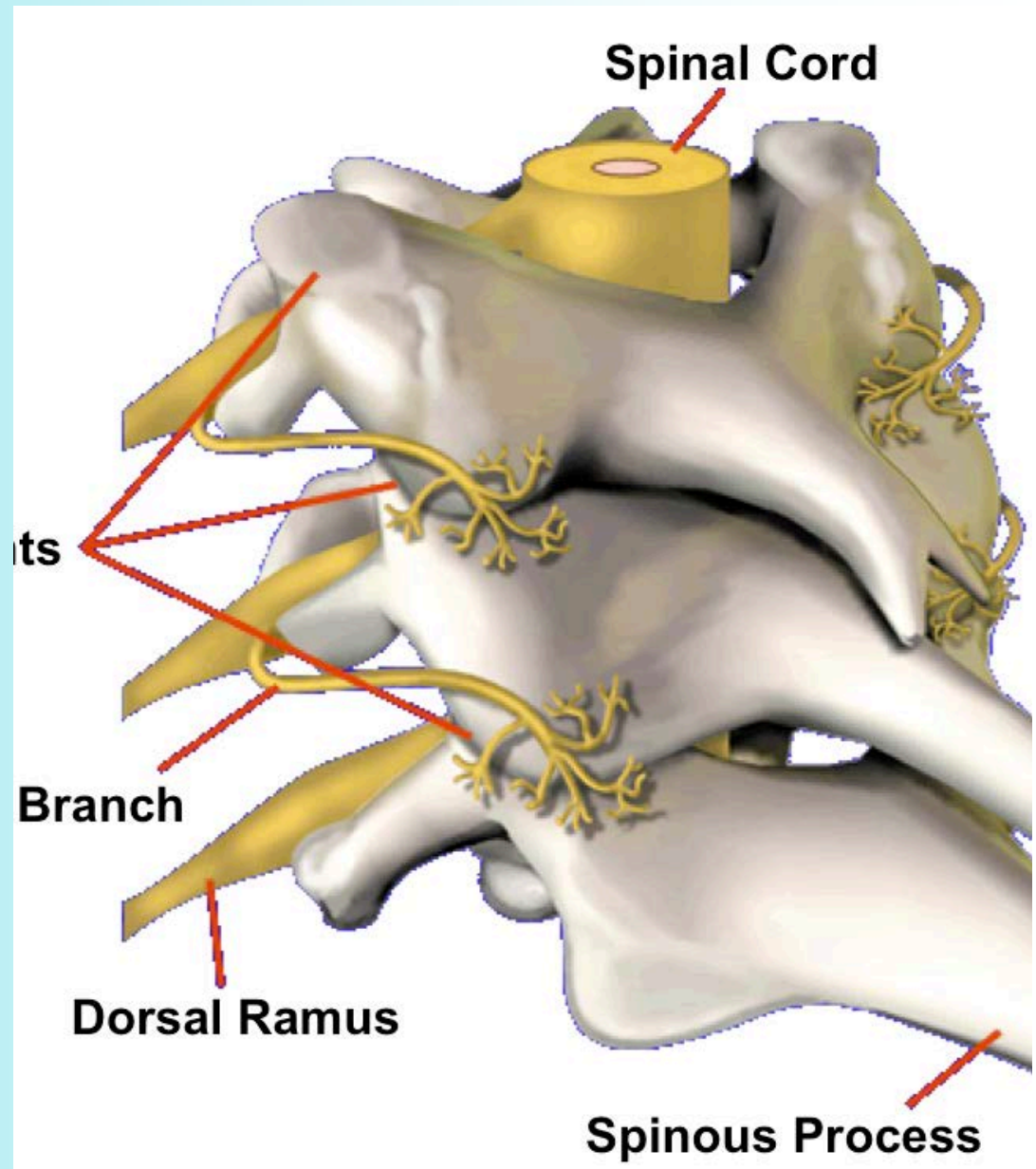
Facet Joint Pain:

Sources:

Arthritic Degenerative Changes
Inflamed Joints
Whiplash stretching of joint capsule

Treatments:

Medications: anti-inflammatory
Stabilization with Cervical Collar
Facet injections or ablations
Traction
PT
Fusion ACDF or PSF



Cervical Radiculopathy:

Classic Dermatome Pattern

With or without weakness

Test :

MRI, Spurling's Test

Treatments:

Medications; Medrol Dose Pack, Gabapentin, Lyrica.

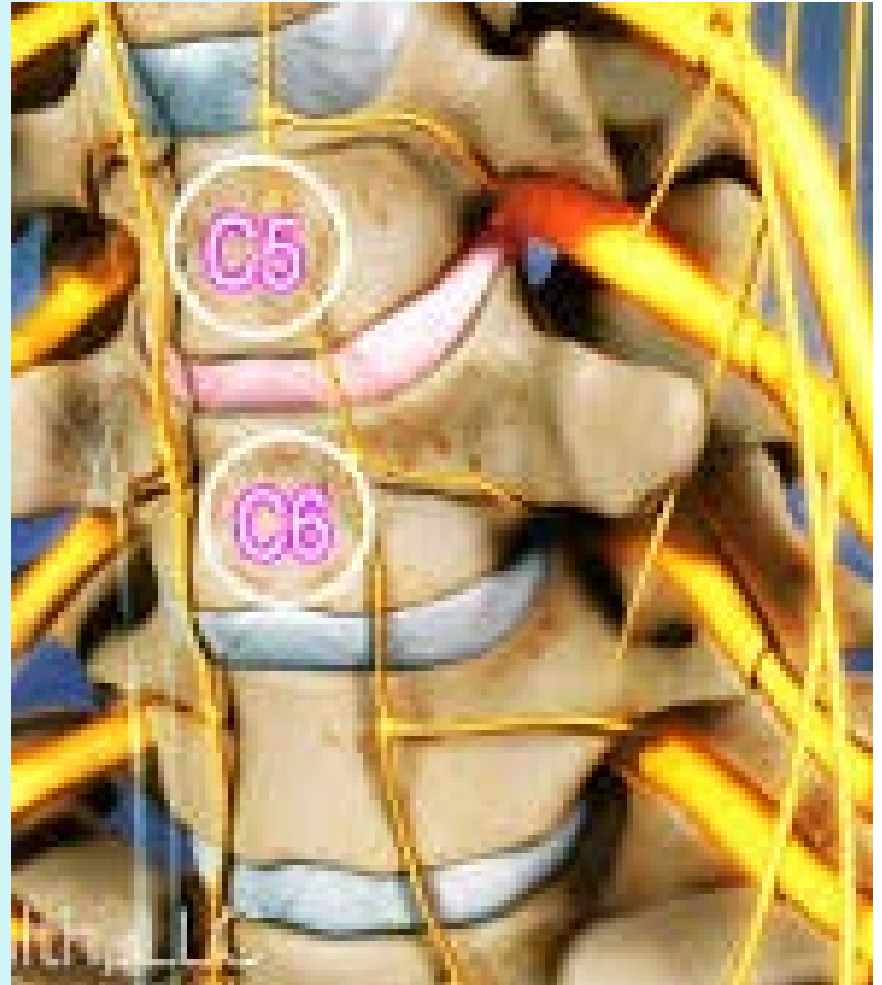
Traction

Leaning head away from stenosis.

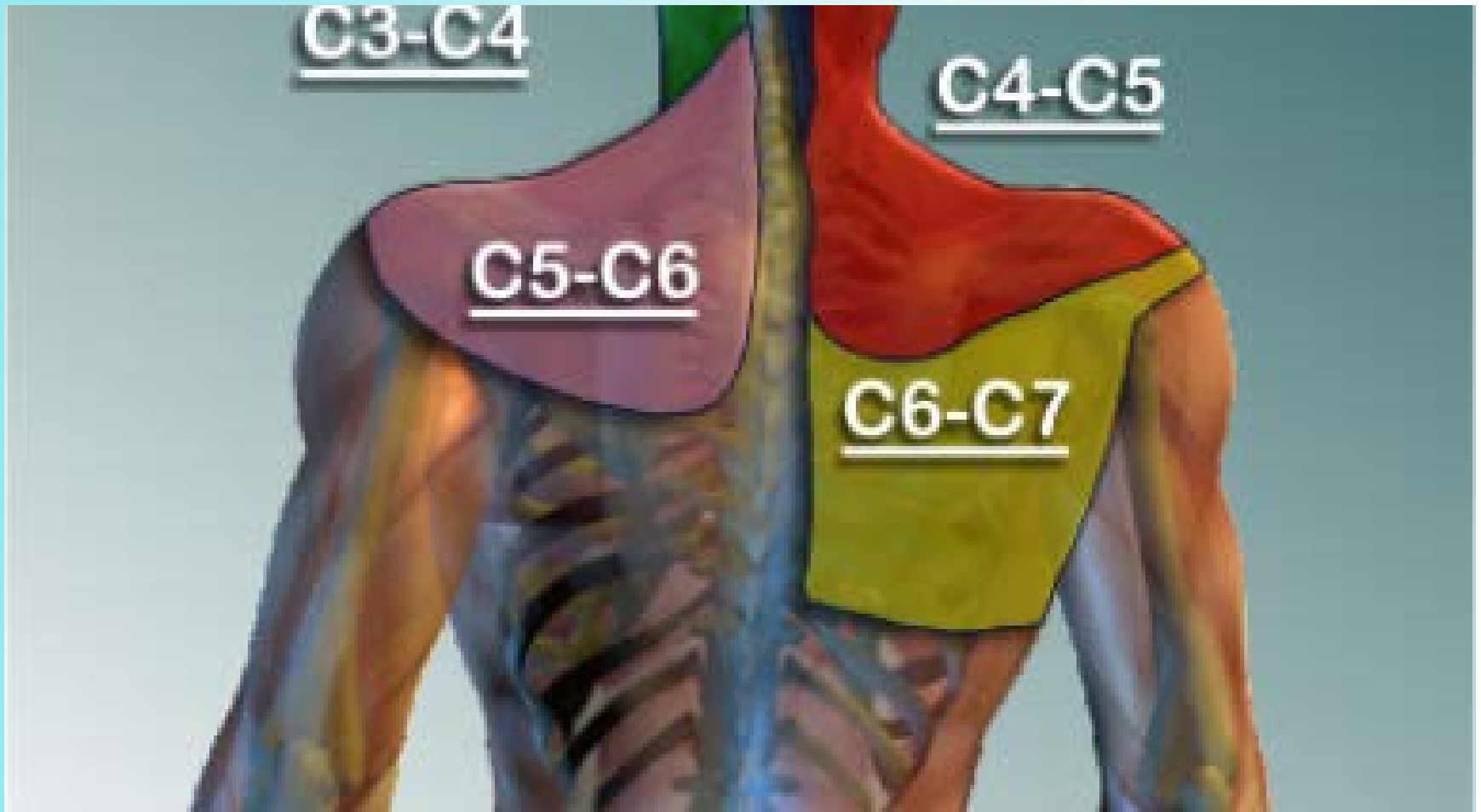
Epidurals

ACDF, ADR

C4 Radiculopathy may mimic axial neck pain, Very much under diagnosed. Trans-laminar epidurals do not reach C4



Posterior Dermatomes



Muscle Pain

MUSCLE Pain mimics other pains

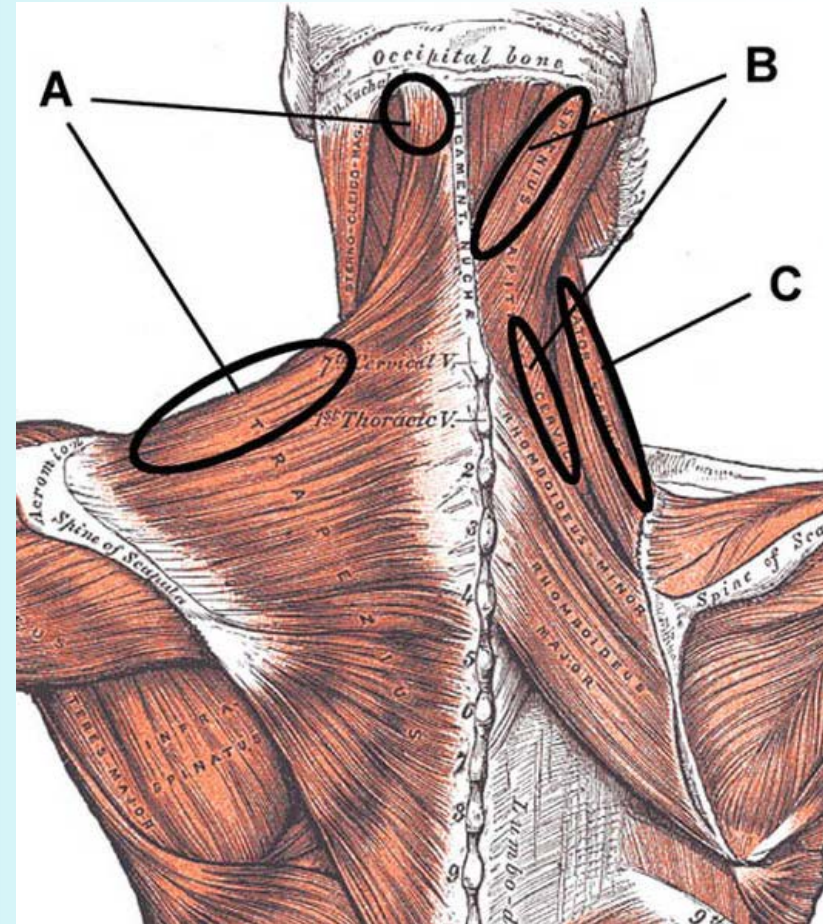
Muscle pain is compensating for the other pain sources.

Burning, electric feeling does not necessary mean nerve pain muscle can feel same way much of the time.

Were the muscles hurt has nothing to do were the pathology is located. Imaging is what tells you were the pathology.

If patients pain can be recreating by pushing on the area it is muscle pain.

Treatment: PT, Muscle Relaxants, Dry needling, Testosterone, Breast Reduction. **No Surgery!**



Myelopathy

Hoffman's Test

Balance Issues

Hand writing changes

Worst with extension

Hand Writing Changes.

Unstable gate, feeling as if they are walking while drunk.

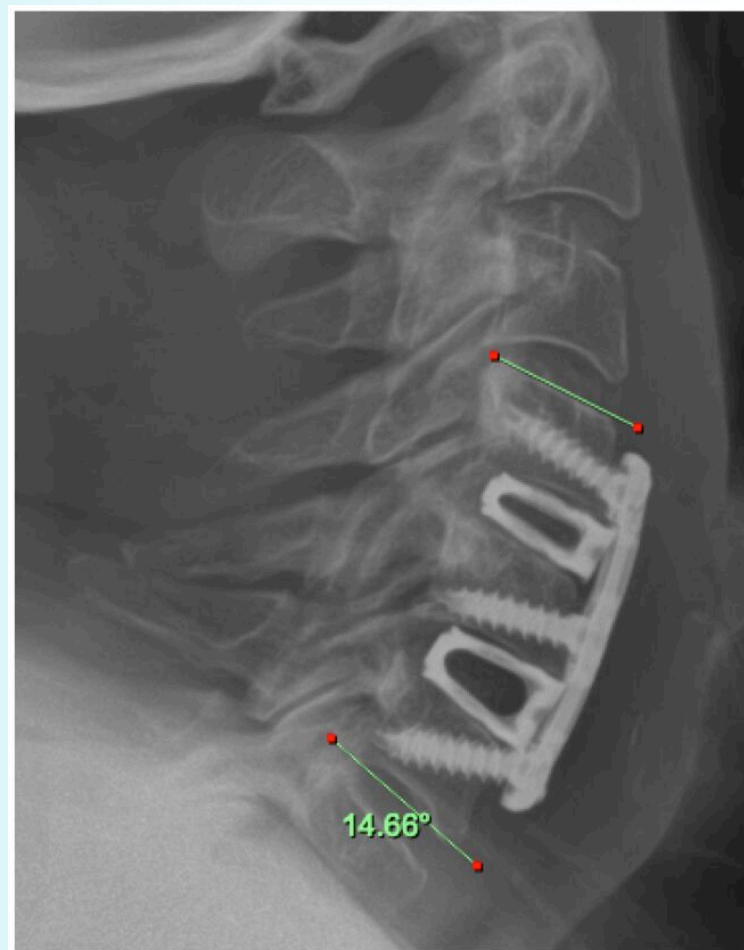
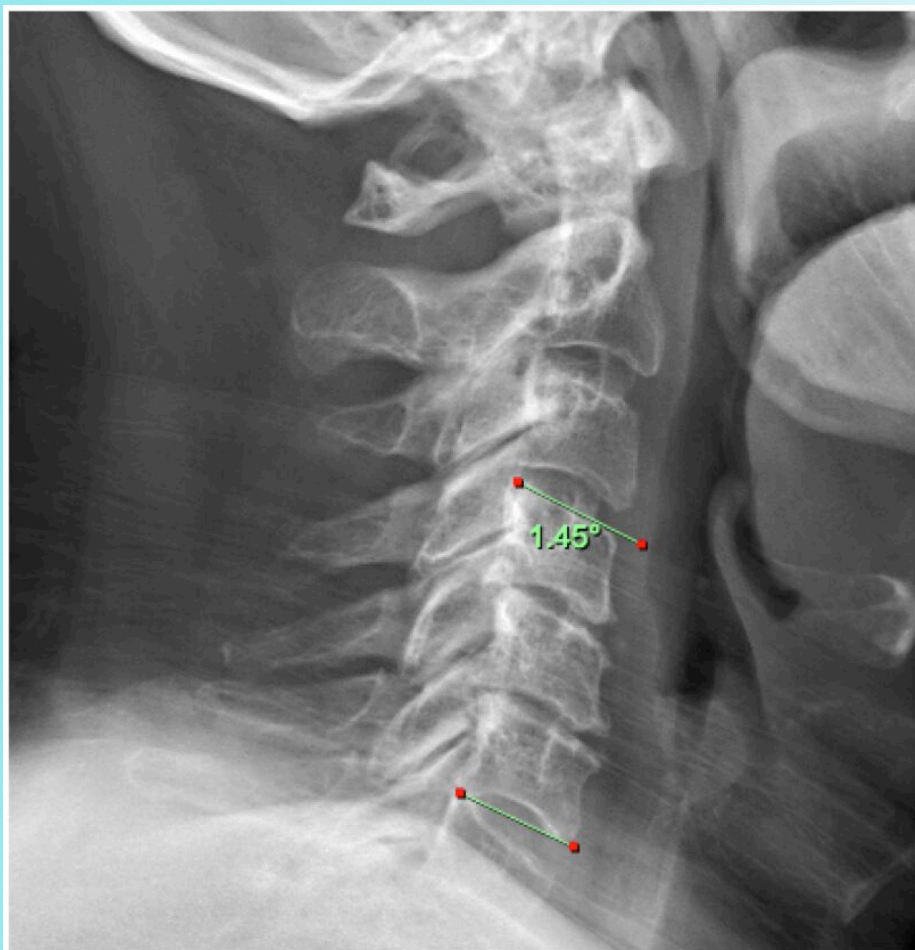
Does not matter how much pain the patient has. This needs decompression ASAP. There is no none operative treatment for spinal cord compression.



Every Patient Needs to Have:

- Hoffman's and Reflexes in neutral and extension of neck checked.
- Ranging of Shoulder and having the patient understand where the pain is coming from.
- CTS, Darkens and Phalanx
- If patient can not work get MRI ASAP!

Degenerative Changes



Fusion and Disc Replacement



48 yo smoker with cord comp



Do you smoke tobacco? Never Previously, but quit ___ Yes 2 Packs a day
Do you drink alcohol? No Yes 70 Beers number per week
Occupation: Sheet Metal Worker

Junctional Level Degeneration

