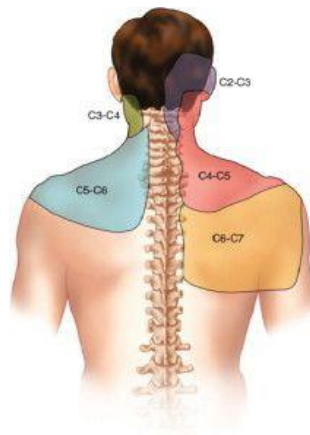




Cervical Degenerative Disc Disease (DDD)

What is it?

Cervical DDD is the arthritic changes of the discs between the cervical vertebral bodies. This often causes pain and stiffness. Sometimes, this is associated with compressed nerves. A damaged cervical facet can radiate pain to various areas in the head, neck, shoulder, and upper back.



How is it treated?

- Manual therapy – Physical therapy, Chiropractic, Osteopathic Manipulation
- Massage Therapy – peanut ball massage
- Acupuncture
- Home neck traction device
- Aerobic exercise – stationary bike, Aquafit
- Medicine – Tylenol, NSAIDs (ie: Ibuprofen, Naprosyn, etc)
- Injections – Cortisone Facet injections, Trigger Point injections, Prolotherapy injections
- Surgery – often not recommended

