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M.G. Kaiser, R.W. Haid, C.I. Shaffrey, M.G. Fehlings (Eds.)

Degenerative Cervical Myelopathy and Radiculopathy

Treatment Approaches and Options

- **The first comprehensive platform to guide clinicians in the management of cervical degenerative disorders**
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Degenerative disorders of the cervical spine are among the more common reasons why patients seek medical attention or consult with a spine specialist. These conditions can lead to neck pain and/or neurological deficit that can significantly compromise an individual's quality of life. Despite the regularity of these conditions, there remains both uncertainty and controversy regarding optimal management. No standard of care exists, however there are nuances related to a patient's history, clinical presentation, and imaging that may make one approach more conducive to clinical success. This text is intended to serve as a comprehensive, up-to-date resource for clinicians involved in the management of patients with cervical degenerative disease. The text is divided into sections, organized in a clinically strategic manner. The initial chapters address the basics of cervical spine anatomy and biomechanics as well as the pathophysiology leading to various cervical degenerative disorders and the possible neurological sequelae. Subsequent chapters outline characteristics of the clinical presentation and the various diagnostic modalities to evaluate these patients. Key elements involved in the surgical-decision making process are covered, providing the necessary elements to establish a solid foundation for treatment planning. The final sections discuss specific procedures; including traditional approaches as well as more recent developments such as motion preservation surgery and minimally invasive techniques. The last section focuses on challenging clinical scenarios that require advanced surgical consideration.

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