


Prolotherapy c1 c2

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Cervical instability is a medical condition in which loose ligaments in the upper cervical spine can lead to neuronal damage and a long list of adverse symptoms. If you have cervical instability, you may have migraines, dizziness or nausea. Fortunately, this condition is curable, although not curable. Let's talk about the symptoms, causes, treatments, diagnosis and prevention of cervical instability, one step at a time. What is cervical instability? Cervical instability occurs when the ligaments between the spinal cord and the skull are loosened. These "relaxed ligaments" allow excessive movements of the first two cervical vertebrae, which can cause many symptoms, such as headaches, fainting or even memory loss. Ligament laxity is a state in which the ligaments that bind bone to bone are loosened. Also called ligamentous laxity, this condition often causes chronic pain. It can affect the whole body, or only specific parts. You may have seen a friend hyper-stretch his finger, seemingly unnatural. This is probably due to the laxity of the ligament causing the joint hypermobility syndrome. The ligaments that connect the bones of your friend's finger are loosened and allow greater autonomy of movement. This abnormal range of motion in the neck area can trigger cervical instability. Ligament laxity can be caused by genetic disorders of the connective tissue, such as Ehlers-Danlos syndrome or Marfan syndrome. There are 2 joints where the ligaments can be loosened, leading to cervical instability: Atlanto-occipital jointAtlanto-axial joint Cervical instability is also known as: Craniocervical instability Craniovertebral instability Clinical instability of the cervical spine Cervical instability Cervical instability of the spineAtlanto Cervical instability Symptoms of cervical instability Symptoms of cervical instability: Diagnosis of cervical instability How is cervical instability measured?? Here are 4 test methods for cervical instability: Vertical MRI (AKA Magnetic Resonance Imaging) Supreme MRI (which lies on the back) CT (AKA computed tomography) Digital X-ray It is worth remembering that although MRI are the most common diagnostic test method for cervical instability a 2012 scientific research found that MRI had "limited diagnostic value in patients with disorders associated with whiplash", such as cervical instability. Here are some measures doctors will look for to diagnose cervical instability: Clivo-axial angle less than or equal to 135 degreesGrabb-Oakes measure greater than or equal to 9 mmHarris measure greater than 12mmAny spinal subluxation Causes of cervical instability Craniocervical instability is caused by the laxity of the ligament between the skull and the two This allows excessive movement and leads to a long list of physical and neurological symptoms. These factors can cause ligament laxity and cause cervical instability: Cervical instability Treatments How to resolve cervical instability? There are 4 Standard Treatments for Cervical Instability: ChiropracticSurgeryPhysical TherapyStrengthening ExercisesProlotherapy There is no consensus on the best treatment for cervical instability, but these 5 methods are supported by the most scientific evidence. 1. Chiropractic Chiropractic is a common and effective treatment for headaches, bad posture and spinal misalignments, all related to cervical instability. Upper cervical chiropractic therapy can correct cervical instability. A 2020 study states: "Spinal Manipulative Chiropractic Therapy can be used to correct cervical instability, joint disorders, cervical vertebrae dislocations and much more. Spinal manipulation is a safe and effective therapy if performed by a highly qualified chiropractor, even in patients with special needs. Here at Upper Cervical Chiropractic in Denver, we have successfully treated unstable cervical patients countless times. Mild adjustments of the upper spine are essential to recover from cervical instability. Click here to learn more about our practice. 2. Surgery Does cervical instability require surgery? You don't need surgery for cervical instability unless your instability is out of control. In more severe cases, surgery may be needed to manage the life-threatening symptoms of advanced cervical instability. Most surgical treatments are aimed at correcting the dysfunction of the craniovertebral junction, where the skull meets the upper spine. Common surgical treatment options include: Cervical spinal fusion, in particular, can be performed when mild subluxations are detected, but before migration of the dental process to prevent progression of cervical instability. Unfortunately, some surgical patients can't move that part of their neck anymore. Medscape explains that when it comes to surgery for cervical instability, "optimal results have been achieved in patients with severe pain and mild myelopathy." However, more conservative treatments for cervical instability, such as chiropractic or physical therapy, may also be effective. Since surgery is invasive and expensive, it may be wise to try more conservative treatments first. 3. Physical therapy Physical therapy is a very effective treatment option for cervical instability. We often recommend patients to do PT alongside chiropractic care for the best recovery outcomes.What does physical therapy entail for cervical instability? Strengthening exercisesPostural educationJoint mobilization (Click here to see a video of how joint mobilization will be) Soft tissue mobilizationSpinal mobilizationPre-reception exercises A the severity of your cervical instability and whether you have had surgery before. According to a two-year follow-up study, the procedure improved patients' outcomes after one year. But physical therapy was irrelevantly different from surgery to improvement of symptoms Two years. In other words, surgery is a short-term strategy to offer immediate relief from back pain. Physiotherapy improves long-term symptoms. 4. Reinforcement exercises Always consult your physician or physiotherapist before trying these strengthening exercises to help with cervical instability. 5 examples of strengthening exercises that can treat or prevent cervical instability are: Tucks chin stretch and strengthen the posture and joints of the neck. The tucks of the chin are the most common strengthening exercise used to improve cervical instability. Histometric exercises can be combined with active range of movement to strengthen the neck area. Click here for a video demonstration of a physiotherapist. The slow and methodical rotation of the neck also strengthens the joints and muscles of the upper cervical spine. Yes, and no neck movements help to iron the muscles and joints around the neck. A motion of yes is announcing the head up and down, slowly. A movement is not shaking the head to the right and left, slowly. Practicing good posture reduces pressure placed on the spine. Practice a good posture for as long as you can every day. You should be able to exercise comfortably good posture for more time and longer with every day passing. Stop any exercise or movement that triggers pain. Feeling pain is a sign that you should rest and not push yourself further. 5. Prolotherapy Prolotherapy is a relatively new therapeutic option for patients with cervical instability, often without negative side effects. Prolotherapy is a regenerative injection technique that aims to stimulate the natural healing processes of the body to strengthen and repair damaged joints and ligaments. It is "destinated to acute and chronic musculoskeletal lesions, including those that cause chronic neck pain related to underlying joint instability and ligament laxity, such as cervical instability. A series of cases in 2007 showed that prolotherapy has constantly improved neck pain in patients with whiplash. Prolotherapy of stem cells is also a flourishing treatment for reparation of ligament. Prolotherapy injections offer instable cervical patients an alternative to surgery. A But, prolotherapy must still demonstrate if it can offer permanent and repeatable therapeutic results. Many patients seek a combination of kiropractics and physical therapy after having undergone a treatment of prolotherapy that did not provide lasting relief from pain. How to prevent cervical instability Cervical instability is common in people with connective tissue disorders. Higher risk individuals, such as Ehlers-Danlos syndrome, will have to actively preventcervical. To prevent cervical instability: Visit your chiropractor regularly?You need to tuck your chin up for a minute, every dayGet a good posture every dayAvoid situations associated with whiplash or other spine trauma Everyone should follow these tips for good general health, but especially people with tissue disorders connective or malformations of the neck or spine. Prognosis & Outlook Long Term Cervical Cervical It's a little rare, but it's probably underdiagnosed. For example, connective tissue disorders that can trigger cervical instability affect at least 1 in 5,000 people worldwide. If you experience symptoms of cervical instability, contact your doctor or chiropractor immediately. This is a manageable disorder, but only with high quality treatment, such as physical therapy or chiropractic adjustments. Click here today to book your appointment at Denver Upper Cervical Chiropractic. 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