

A case of rehabilitation of cervical nerve root disease and cervical spine curvature by manipulation

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摘要/概述

本報告的目的是介紹脊骨神經醫學對一名患有頸神經根病和頸椎曲度過直的病人的治療。一名 55歲上班族患有嚴重頸部疼痛和右臂麻木，尋求脊骨神經醫學治療。通過12次頸椎矯正後，患者的

神經根病得到徹底緩解，並全面恢復頸椎生理曲度。頸部疼痛成因通常是多元的，而且十分常見。大約 88% 的簡單頸部疼痛都屬於自限性。保守療法被提倡作為大多數頸部疼痛患者的第一線治療方式。然而，在神經根病患者身上的神經擠壓是一個潛在憂慮，因為神經擠壓會造成麻痺無力、殘疾，甚至肌力虛弱等神經系統徵狀，導致患者須要進行手術干預。感官及運動功能障礙恢復的最佳機會是及時干預，以便對神經根減壓。與靜觀其變，早期的脊骨神經醫學治療應用可能有助於緩解神經擠壓，避免藥物治療和因神經擠壓被忽視而導致的手術干預。

Indexing terms: Cervical hypolordosis; Chiropractic; Forward head posture; Manual adjustment; Radiculopathy.

Abstract: The purpose of this report is to present an interesting case of cervical radiculopathy in a patient with a prominent cervical hypolordosis treated by chiropractic adjustment. A 55-year-old office worker with severe neck pain and numbness of the right arm sought chiropractic treatment. Following 12 sessions of cervical adjustment, the patient experienced complete alleviation from radiculopathy and full restoration of cervical curvature. Neck pain is common and the cause is usually multifactorial. About 88% of uncomplicated neck pain is self-limiting. Conservative treatment is advocated as initial modality for most patients. Cervical radiculopathy, however, is a potential problem because nerve impingement can cause disability due to numbness or paresthesia, and even weakness, requiring surgical intervention. The best chance for sensorimotor recovery is with prompt intervention to decompress the pinched nerve. Instead of watchful waiting, early application of chiropractic adjustment may help release nerve impingement, and avoid medications and operations in patients with neglected nerve compression.

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