

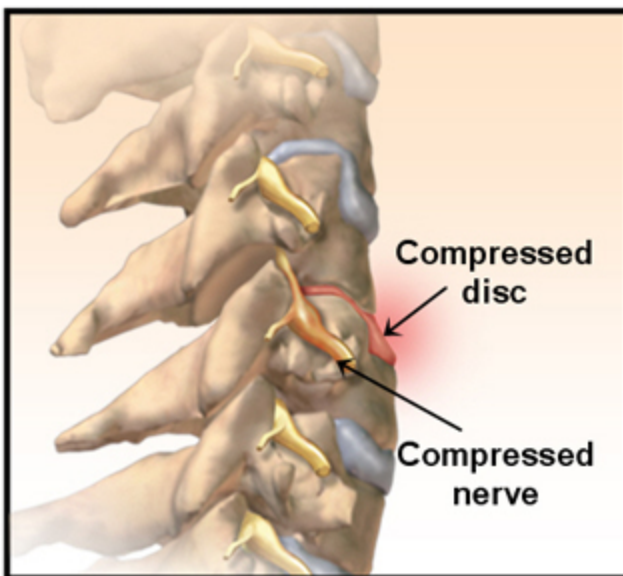
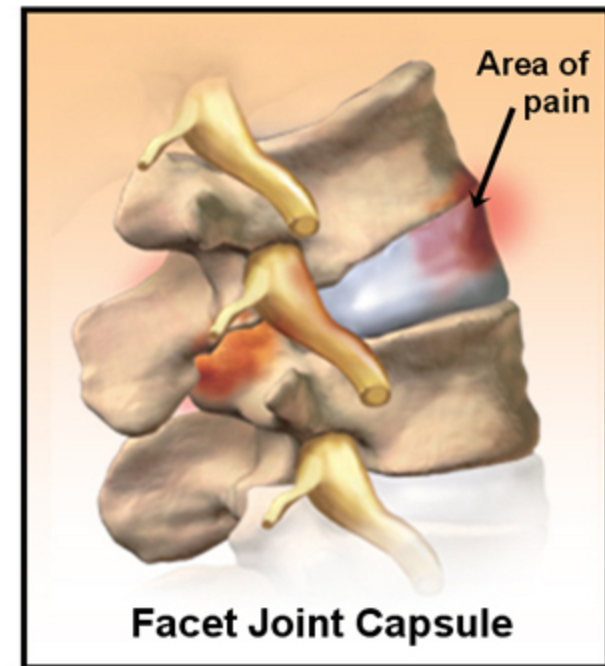
Cervical Facet Syndrome

If you answer “yes” to any of the following questions, you may be experiencing Cervical Facet Syndrome:

- Do you have nagging neck pain that doesn't seem to go away?
- Has your work been affected by head and neck pain?
- Have you lost mobility in your neck?

What is Cervical Facet Syndrome?

Facet Syndrome of the neck occurs when the joints of the vertebrae in your spine are not gliding smoothly. The joints become fixated or their alignment becomes restricted, which affects mobility of the neck. This often causes neck pain, which can radiate to the trapezius muscles of the upper shoulders.



What Causes Cervical Facet Syndrome?

Extension of the spine will often cause a flare up of Facet Syndrome. When the facets are not gliding smoothly, they can compress and irritate the soft tissue surrounding the facet joint. This can inflame the nerves exiting the spine and cause numbness, tingling, burning, and aching. Facet joint pain comes and goes and is made worse by sudden movement. Usually neck extension is the most painful movement.

What is the Treatment for Cervical Facet Syndrome?

- Chiropractic adjustments to help relieve pain and improve joint function.
- Muscle strengthening exercises that begin with isometric exercises and progress to isotonic exercises.
- Correct lifting techniques, ergonomic chairs, and good sleep posture.

Any treatment for Cervical Facet Syndrome should focus on restoring motion to the joints.

Follow your healthcare provider's treatment plan for healing and prevention to avoid recurrent episodes of facet syndrome and to enjoy optimal health.

