

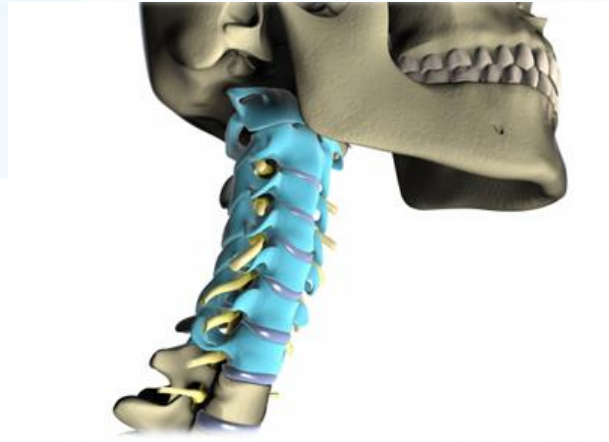
Cervical Somatosensory Dysfunction

The dysfunction is defined as an altered or impaired function of the related components within the body's framework. It can include the nervous, musculoskeletal or lymphatic systems. Most of the time, the term is commonly used along with soft tissue injuries like strains and sprains, but they can differ significantly. The dysfunction occurs from a mechanical restriction that was first followed by an increase in muscle spasms or tone whereas the strain or sprain would begin with an injury and be followed with mechanical restrictions. This particular dysfunction is a type of functional impairment.

The dysfunction is often caused by chronic or acute postural deviations or alterations of a specific body part. This tends to occur from sudden movements that occur during a fall or slip, but they can also be from a biomechanical deviation or postural abnormality. It often involves multiple regions in each individual.

Cervical Somatosensory Dysfunction Anatomy

Extending from the middle of the trunk to the base of the skull and into the coccyx, the spine plays a pivotal role in the body. It supports the weight of the upper body, provides you with posture while still providing you with flexibility and movement and protects the spinal cord. The spine is a column composed of 26 bones in adult body's and 24 different vertebrae that are all interspaced with cartilage.



There is no real known cause, but psychological issues (such as stress at home, stress at work, fear of chronic pain, a poor outlook on life in general, and low mood) can have a strong effect.

How to Treat Cervical Somatosensory Dysfunction:

1. Manual Therapy

Osteopathy, chiropractic, sports massage or physiotherapy to help with manipulating the tissues through trigger point releases and a number of muscle energy techniques that are useful in stretching and over-simulating the muscles that surround the area that is restricted. Electrotherapy such as ultrasound, interferential or muscle stimulation may help.

2. Acupuncture

Acupuncture can help with pain levels, and reducing sensitivity to pain (i.e. reducing the pain signals going to the brain). Some therapists use electro-acupuncture which can be beneficial in reducing the pain signals.

3. Medication

A non-steroidal, anti-inflammatory medication or pain reliever is often recommended to treat your condition. You might also be prescribed a muscle relaxant to help diminish pain, but it also has a sedative effect on your body. Only take these and various other drugs as directed from the physician. If you begin noticing any side effects or signs of an allergic reaction, you need to contact a medical professional immediately. If these medications fail, then your doctor may prescribe you a low dosage anti-depressant such as Amitriptyline. If that does not work then a stronger drug called Gabapentin or Pregabalin may be prescribed for the nerve pain.

Tips:

- Before heading out and participating in any competitions, make sure you appropriately stretch or warm up beforehand.
- Maintain proper conditioning, endurance, cardiovascular fitness, muscle strength and flexibility to prevent any undue injuries to the back and spine.
- In chronic cases that involve postural deviations or biomechanical deviations, treatment will help in alleviating pain and improve mobility to that of being free from pain, or at least reaching a tolerable level to maintain an active lifestyle.
- In an acute case, most patients can anticipate recovering completely when undergoing a proper treatment regime.
- If you find that you are suffering from restricted motion, tingling, numbness, structural fixation or you develop trigger points, you need to be evaluated by a medical professional to determine the nature of your problem.
- Symptoms that fail to improve or get worse within two weeks of starting treatment need to be examined further.
- Its not uncommon to suffer this condition following whiplash accidents. The stress of going through a medico-legal claim can also heighten tension in the neck and keep the pain chronic.
- For the most thorough resolution, all psychological issues must be addressed.