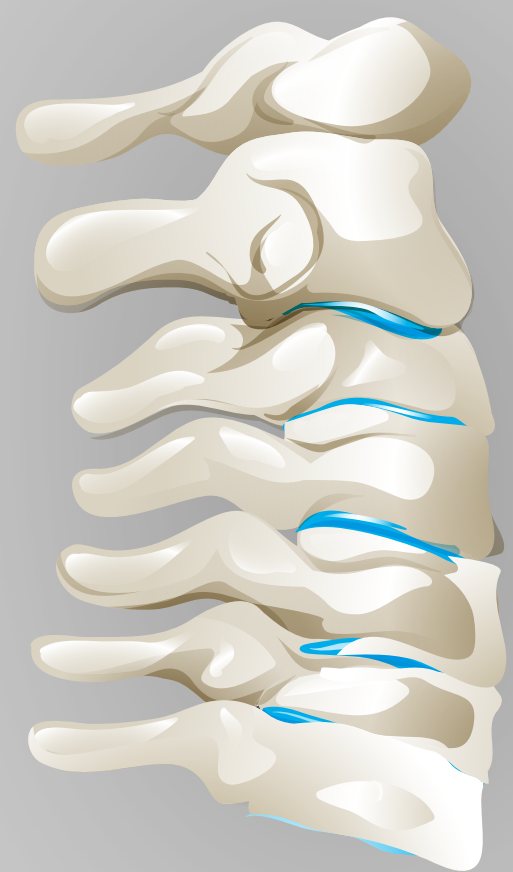


# Progression of cervical spine degeneration over 20 years

Few studies have detailed the **long-term degenerative changes** in the cervical spine

## 20-year progression of degenerative changes

and its association with the development of **clinical symptoms** was assessed in **193 subjects** from an originally healthy cohort using...

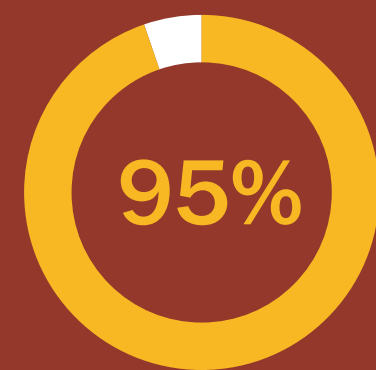


MRI



Questionnaire

## Results of 20-year follow-up study...



of subjects had progression of cervical spine degeneration



degeneration in the **C5-C6** vertebrae



progression of foraminal stenosis was associated with onset of upper-limb pain



**no association** between **progression** of degeneration and other **clinical symptoms**

Although **high rates** of cervical spine **degeneration** were observed in all subjects over the **20-year period**, these changes were **not associated** with development of **clinical symptoms** apart from upper limb pain.

A 20-Year Prospective Longitudinal Study of Degeneration of the Cervical Spine in a Volunteer Cohort Assessed Using MRI: Follow-up of a Cross-Sectional Study

Daimon et al. (2018)

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