Cervical Compression Test

Client Information

Name: Sarah Smith Date of birth: 09.09.2001

Gender: Female Date of Consultation: 08.03.23

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Description of the patient's condition

Based on Spurling's Test results, the physician noted indications of nerve root impingement in the cervical spine. The patient may be suffering from cervical radiculopathy, cervical nerve root compression, or cervical disc herniation. Additionally, the patient appears to be experiencing discomfort, such as pain, numbness, or tingling in their arms or hands, as well as a limited range of motion in the neck, as per physician observations.

Illustration: ORTHOFIXAR

Severity of Pain:

The severity of the patient's pain may vary depending on the extent of nerve root impingement. The pain may range from mild discomfort to severe, debilitating pain that affects daily activities.

Recommendation:

Further diagnostic assessments such as imaging studies (for example, MRI, CT scan) or nerve conduction studies may be suggested to confirm the diagnosis and determine the degree of nerve root impingement. Treatment options may consist of a combination of conservative measures, including physical therapy, pain management, and activity modifications, as well as more aggressive treatments, such as epidural steroid injections or surgery if required.

To alleviate symptoms, It is recommended to the patient to take nonsteroidal anti-inflammatory drugs (NSAIDs), muscle relaxants, or pain relievers.

Notes:

Carefully monitor the patient's symptoms and response to treatment, and address any concerns or questions the patient may have about their condition or treatment plan.Offer guidance on lifestyle adjustments or exercises that can relieve symptoms and prevent further damage.