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...

- 95% 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.