



The Medical **Bulletin**

In Neurology

Does cervical Spondylosis produce vertigo?

Vestibular system is the one that senses head movements. Head movements are almost always accomplished by neck movements.

It is hence expected that any vestibular dysfunction will be aggravated by neck movements. It is wrong to assume cervical Spondylosis as the cause of vertigo when vertigo is produced upon head movements.

The vertebral artery is very well protected inside the bony canal formed by the foramina transversaria. It is unlikely to be compressed as part of degenerative cervical spine disease.

X-rays of the cervical spines in any elderly person is likely to reveal degenerative changes irrespective of whether they have any symptoms attributable to these changes or not. Physicians must hence refrain from ordering for x-ray of the cervical spines in patients presenting with vertigo. Not only this is a wasteful exercise but also it justifies a misconception both in the minds of the physician and the patient. The possible existence of cervical Mechanoreceptors as responsible for vertigo in elderly patients extending their head has not been convincingly demonstrated or proved.

Practice point: Do not consider cervical spondylosis as the cause of vertigo in elderly patients. Do not order for cervical spines x-rays.

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