

## RECOVERY PROGRAM IN CERVICAL SPONDYLOSIS

### Abstract

*Introduction: Cervical Spondylosis – arthrosis located at the level of anatomical elements of the cervical region of the spine is manifested through restriction of movement in the body and the pain that can radiate and scapular regions, to the hands. Anatomic narrowing of the spinal canal space by ossification and pressure on the nerve occurs. Objective: He has thought to combat the pain, reduce muscle contracture and restore joint function, increasing mobility, muscle tone, about extra revitalization. Material and Method: The study was carried out on a lot of 16 adult patients, 9 women and 6 men, aged between 31 and 60 years. He has practiced massage therapy and medical gymnastics. Results: The group studied, after treatment, was observed: the disappearance of pain in 11 cases (68,75%); increase joint mobility in 10 cases (62,50%); improvement of the patient's condition at 12 cases (75 %). Discussion and conclusions: Cervical spondylosis is the most common disease of the spine. The incidence of the disease rises significantly after the age of 50 years. The incidence of the disease to the studied is higher in women. At the group studied, the incidence has the great location between C5-C6. Drug treatment acts against cervical pain but his effects are short term and can sometimes be aggressive to people with gastric problems.*

**Key words:** *cervical spondylosis, therapeutic massage, exercises*

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