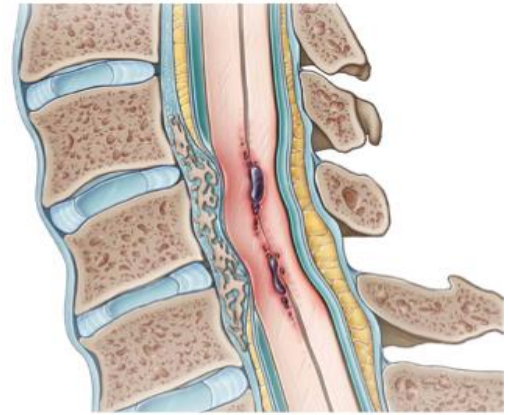


## Screening for Degenerative Cervical Myelopathy in Primary Care

### Who to Screen?

- Age > 40
- History of head/neck trauma
- Persisting cervical radiculopathy
- Lumbar spinal stenosis
- Older patients with falls risk
- Patients presenting with suspected carpal tunnel syndrome



### ASK:

#### Hands:

- Numbness: *Do you have any numbness or tingling in your hands?*
- Clumsiness: *Do you drop things with your hands unexpectedly?*
- Dexterity decline: *Do you have trouble putting on jewellery/doing up buttons/using chopsticks/using smartphone?*

#### Gait:

- Balance decline: *Do you have any trips or falls which you can't explain?*
- Gait clumsiness: *Do you struggle to walk in a straight line?*

### TEST:

- Deep tendon hyperreflexia
- Hoffmann sign
- Inverted supinator/brachioradialis sign
- Tandem gait – inability to walk in a straight line
- Romberg's sign

### INVESTIGATIONS:

- Signs/Symptoms + MRI needed
- Xray useful to consider bony foraminal narrowing, alignment and disk spaces
- **C-spine MRI** is gold standard to assess spinal cord compression
- No utility for Ultrasound or bloods

### REFER:

- Refer to orthopaedic spine surgeon for diagnostic workup (public vs private)
- Rapidly deteriorating neurological function → Public hospital ED via transport vs ambulance

Patient Information Leaflet



For further clinician info, follow the link below:

→ <https://myelopathy.org/>

