



## Life Systems, Capabilities and Problems in the Cervical Region

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### INTRODUCTION

Cervical refers to the neck or the region of the spine that is located between the head and the thorax. The cervical region of the spine is comprised of seven vertebrae, which are abbreviated as C1 through C7. The cervical region of the spine is responsible for supporting the weight of the head and providing a significant range of motion for the head and neck. In this article, we will discuss the anatomy of the cervical region, its functions, common disorders and how to maintain cervical health. The cervical region of the spine is comprised of seven vertebrae. The C1 vertebra, also known as the atlas, is the topmost vertebra in the cervical region. The C2 vertebra, also known as the axis, is located just below the atlas. The remaining five vertebrae are numbered as C3 through C7 [1].

### DESCRIPTION

The cervical vertebrae are unique in their structure as they are smaller and more mobile than the thoracic and lumbar vertebrae. The cervical vertebrae have a triangular shape and feature a small hole in the center known as the vertebral foramen. The vertebral foramen houses the spinal cord and the nerve roots that exit the spine. The cervical vertebrae are also unique in their ability to rotate and flex, which allows for a significant range of motion in the head and neck. The cervical vertebrae also feature specialized structures known as facet joints that enable smooth movement between the vertebrae. Innovation, Individuals, the Inner Setting, the Outer Setting and the Implementation Process are all CFIR domains. The term "innovation" refers to the characteristics of the surgical procedure itself; Internal setting" connects with the climate wherein medical procedure is conveyed. "External Setting" alludes to the more extensive consideration climate affecting the Inward Setting. "The" Implementation Process" emphasizes the integration of the innovation within the Inner Setting, while "Individuals" highlights characteristics of individuals who are directly involved in the delivery of care [2].

The cervical region of the spine plays a vital role in supporting the weight of the head and allowing for a significant range of motion in the head and neck. The cervical region is also responsible for protecting the spinal cord and nerve roots that exit the spine. The cervical region of the spine is involved in many daily activities such as driving, reading and using electronic devices. The constant strain on the cervical region from these activities can cause stress and tension, leading to common cervical disorders such as neck pain, headaches and cervical radiculopathy. Cervical spondylosis is a degenerative condition that affects the cervical spine. The condition is caused by the gradual wear and tear of the cervical vertebrae and intervertebral discs. The condition can cause neck pain, stiffness and a loss of range of motion [3,4].

Cervical radiculopathy is a condition that occurs when a nerve root in the cervical spine becomes compressed or irritated. The condition can cause pain, weakness and numbness in the arms and hands. A herniated disc occurs when the soft, gel-like material in the intervertebral disc protrudes through a tear in the outer layer of the disc. A herniated disc in the cervical region can cause neck pain, shoulder pain and numbness or tingling in the arms and hands. Neck strain is a common condition that occurs when the muscles in the neck are stretched or torn [5].

### CONCLUSION

Neck strain can cause pain, stiffness and a loss of range of motion. Maintaining good posture is essential for cervical health. Poor posture can put extra strain on the cervical spine, leading to common cervical disorders. Creating an ergonomic workspace can help reduce the strain on the cervical spine. Ergonomic adjustments include adjusting the height of the chair, keyboard and monitor to promote good posture. Stretching the neck and shoulder muscles can help reduce tension and promote cervical health.

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## CONFLICT OF INTEREST

The author has no conflicts of interest to declare.

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