



[Request an Appointment](#)
[Find a Doctor](#)
[Find a Job](#)
[Give Now](#)

[Log in to Patient Account](#)
[Translated Content](#)

[PATIENT CARE & HEALTH INFO](#)

[DEPARTMENTS & CENTERS](#)

[RESEARCH](#)

[EDUCATION](#)

[FOR MEDICAL PROFESSIONALS](#)

[PRODUCTS & SERVICES](#)

[GIVING TO MAYO CLINIC](#)

Appointments at Mayo Clinic

Mayo Clinic offers appointments in Arizona, Florida and Minnesota and at Mayo Clinic Health System locations.

[Request Appointment](#)

Diseases and Conditions

Cervical spondylosis

REVIEWED

By Chris Tighe at 12:32 pm, Aug 16, 2016

[Print](#)

[Basics](#) [Care at Mayo Clinic](#) [In-Depth](#) [Multimedia](#) [Resources](#)

Definition

Symptoms

Causes

Risk factors

Complications

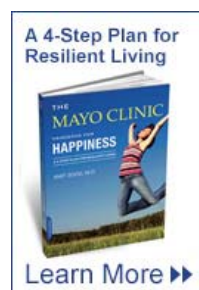
Preparing for your appointment

Tests and diagnosis

Treatments and drugs

Lifestyle and home remedies

Products and services



Definition

By Mayo Clinic Staff

Cervical spondylosis is a general term for age-related wear and tear affecting the spinal disks in your neck. As the disks dehydrate and shrink, signs of osteoarthritis develop, including bony projections along the edges of bones (bone spurs).

Cervical spondylosis is very common and worsens with age. More than 85 percent of people older than age 60 are affected by cervical spondylosis.

Most people experience no symptoms from these problems. When symptoms do occur, nonsurgical treatments often are effective.

Appointments & care

At Mayo Clinic, we take the time to listen, to find answers and to provide you the best care.

[Learn more. Request an appointment.](#)

Symptoms

[Share](#)

[Tweet](#)

Nov. 18, 2015

Free E-newsletter

Subscribe to Housecall

Our general interest

[References](#)

Advertisement

Mayo Clinic does not endorse companies or products. Advertising revenue supports our not-for-profit mission.

Advertising & Sponsorship
[Policy](#) | [Opportunities](#)

Mayo Clinic Store

Check out these best-sellers and special offers on books and newsletters from Mayo Clinic.

[Mayo Clinic A to Z Health Guide](#)
[Guide to Stress-Free Living](#)
[Mayo Clinic on Better Hearing and Balance](#)
[Recipes for Healthy Living](#)
[Mayo Clinic Diet Book & Journal Combo](#)

e-newsletter keeps you up to date on a wide variety of health topics.

[Sign up now](#)

See also

[Adult bed-wetting: A concern?](#)

[Bladder control problems in women: Seek treatment](#)

[Bladder control problems](#)

[Medications for bladder control problems](#)

[CT scan](#)

[CT scans: Are they safe?](#)

[MRI](#)

[Show more](#)

Other Topics in Patient Care & Health Info

[Healthy Lifestyle](#)

[Symptoms A-Z](#)

[Diseases and
Conditions A-Z](#)

[Tests and
Procedures A-Z](#)

[Drugs and
Supplements A-Z](#)

[Appointments](#)

[Patient and
Visitor Guide](#)

[Billing and
Insurance](#)

[Patient Online
Services](#)

[Home](#) [Diseases & Conditions](#) [Cervical spondylosis](#) [Basics](#) [Definition](#)

CON-20027408

[REQUEST APPOINTMENT](#) [GIVE NOW](#) [CONTACT US](#) [ABOUT MAYO CLINIC](#) [EMPLOYEES](#) [SITE MAP](#) [ABOUT THIS SITE](#)

Any use of this site constitutes your agreement to the Terms and Conditions and Privacy Policy linked below.

[Terms and Conditions](#)

[Privacy Policy](#)

[Notice of Privacy Practices](#)

A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.org," "Mayo Clinic Healthy Living," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.



We comply with the [HONcode standard](#) for trustworthy health information: [verify here](#).