



Regd. No.3095/DMC
Dr. Shankar Acharya

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Senior Consultant & Chairman Department of Ortho Spine Surgery
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RADICULOPATHY

Radiculopathy is a common condition that affects the nerves in the spine, causing pain, weakness, numbness, or tingling in different parts of the body. It occurs when a nerve root in the spine becomes irritated, compressed, or inflamed. This can happen in any part of the spine but is most commonly seen in the cervical (neck), thoracic (mid-back), or lumbar (lower back) regions.

Dr. Shankar Acharya, a renowned spine surgeon with 30 years of experience, specializes in treating spine-related conditions like radiculopathy. He offers advanced and personalized care at Sir Gangaram Hospital, New Delhi.

What Causes Radiculopathy?

Radiculopathy can have several causes, including:

1. **Herniated Disc:** When a spinal disc bulges or ruptures, it can press against nearby nerves.
2. **Bone Spurs:** Extra bone growth due to conditions like osteoarthritis can compress nerves.
3. **Spinal Stenosis:** Narrowing of the spinal canal can pinch nerves.
4. **Injury or Trauma:** Accidents or falls can lead to nerve damage.
5. **Other Conditions:** Tumors, infections, or diseases like diabetes can also contribute to nerve issues.

Symptoms of Radiculopathy

Symptoms vary depending on the affected region of the spine:

- **Cervical Radiculopathy (Neck):** Pain, tingling, or weakness in the shoulders, arms, or hands.
- **Thoracic Radiculopathy (Mid-Back):** Rare but may cause pain radiating around the chest or abdomen.



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- **Lumbar Radiculopathy (Lower Back):** Often called "sciatica," it causes pain, numbness, or weakness in the lower back, buttocks, legs, or feet.

How is Radiculopathy Diagnosed?

Dr. Shankar Acharya emphasizes the importance of a thorough evaluation, which includes:

1. **Medical History and Physical Exam:** Identifying the exact source of pain and checking nerve function.
2. **Imaging Tests:** X-rays, MRIs, or CT scans help visualize the spine and pinpoint nerve compression.
3. **Nerve Tests:** Electromyography (EMG) and nerve conduction studies assess nerve health.

Treatment Options for Radiculopathy

The goal of treatment is to relieve pain, improve mobility, and prevent further nerve damage. Options include:

1. **Non-Surgical Treatments:**
 - **Medications:** Pain relievers, anti-inflammatory drugs, or muscle relaxants.
 - **Physical Therapy:** Exercises to strengthen muscles and improve posture.
 - **Lifestyle Changes:** Weight management and ergonomic modifications to reduce stress on the spine.
2. **Minimally Invasive Procedures:**
 - **Epidural Steroid Injections:** Reduce inflammation and provide temporary relief.
3. **Surgery** (if conservative methods fail):
 - Dr. Acharya uses advanced techniques such as microdiscectomy or laminectomy to relieve pressure on nerves.

When to Seek Medical Help



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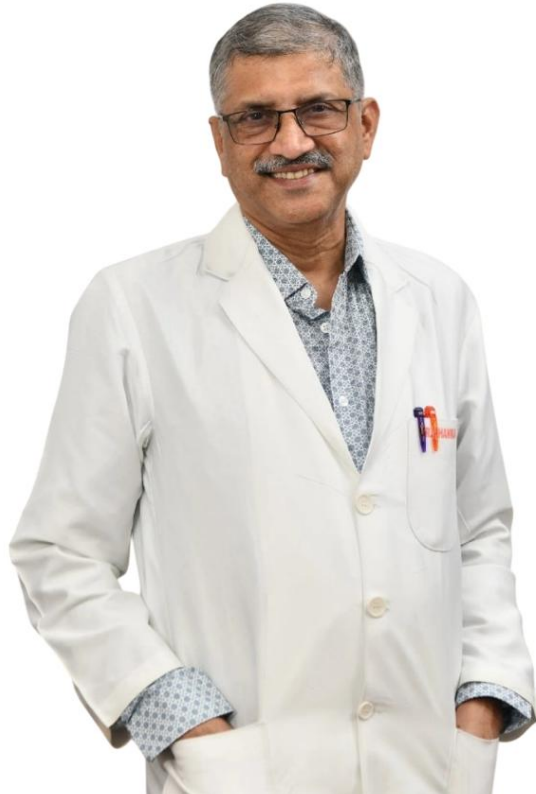
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If you experience persistent or worsening symptoms like severe pain, difficulty walking, or loss of bladder or bowel control, consult a spine specialist immediately.

Living with Radiculopathy

Proper treatment and lifestyle adjustments can significantly improve the quality of life. Dr. Shankar Acharya and his team provide comprehensive care to help patients regain comfort and mobility.

For expert guidance and treatment of radiculopathy, visit Dr. Shankar Acharya at Sir Gangaram Hospital, New Delhi.



SIR GANGA RAM HOSPITAL *Trust of Generations*

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Official Website

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