

Degenerative Cervical Myelopathy (DCM)

Many people have a combination of neck pain, arm pain, numbness, and weakness. These symptoms can be upsetting, but they don't always need urgent medical attention.

However, there is a rare but serious condition called Degenerative Cervical Myelopathy, this happens when the spinal cord gets squeezed and can cause permanent nerve damage or disability. It's important to know the symptoms, which are listed on the other side of this card.

Scan the QR
code for
further
information
and advice



If you develop worsening of any of the symptoms overleaf seek prompt medical attention via your GP or Musculoskeletal service.



Cervical Myelopathy warning signs

- **Difficulty walking, heavy legs or keeping your balance:** You may feel more unsteady and fall more often
- **Weakness or clumsiness in your hands:** Difficulty with tasks, such as buttoning a shirt or using a spoon to eat with
- **Numbness or tingling in your hands, arms, or legs.**

A joint project with the Northwest Regional Spinal Network.

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