Dr Ralph Stanford

ORTHOPAEDIC SPINE SURGEON

- Spinal surgeon with over 20 years' experience

- Head of Department of Orthopaedics and Supervisor of Training for Orthopaedic Trainees, Prince of Wales Hospital

- Conjoint Senior Lecturer at the University of New South Wales

- Honorary Senior Scientist at Neuroscience Research Australia (NeuRA) and a member of Spinal PFET.

Dedicated to lifelong learning and sharing my expertise with others, I attend spinal conferences worldwide and regularly consult with colleagues about successful treatments.

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Chronic spinal cord compression in the neck

- Numb fingers
- Clumsy fingers
- Unsteady on the feet

- Pain is not a major feature

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Signs

- Intrinsic muscle wasting in the hands
- Mild weakness upper limbs
- Diffuse numbness in hands
- Poor coordination fingers – button test
- Brisk tendon reflexes
- Jerky, unsteady gait (not wide-based)

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Underlying cervical spine disease
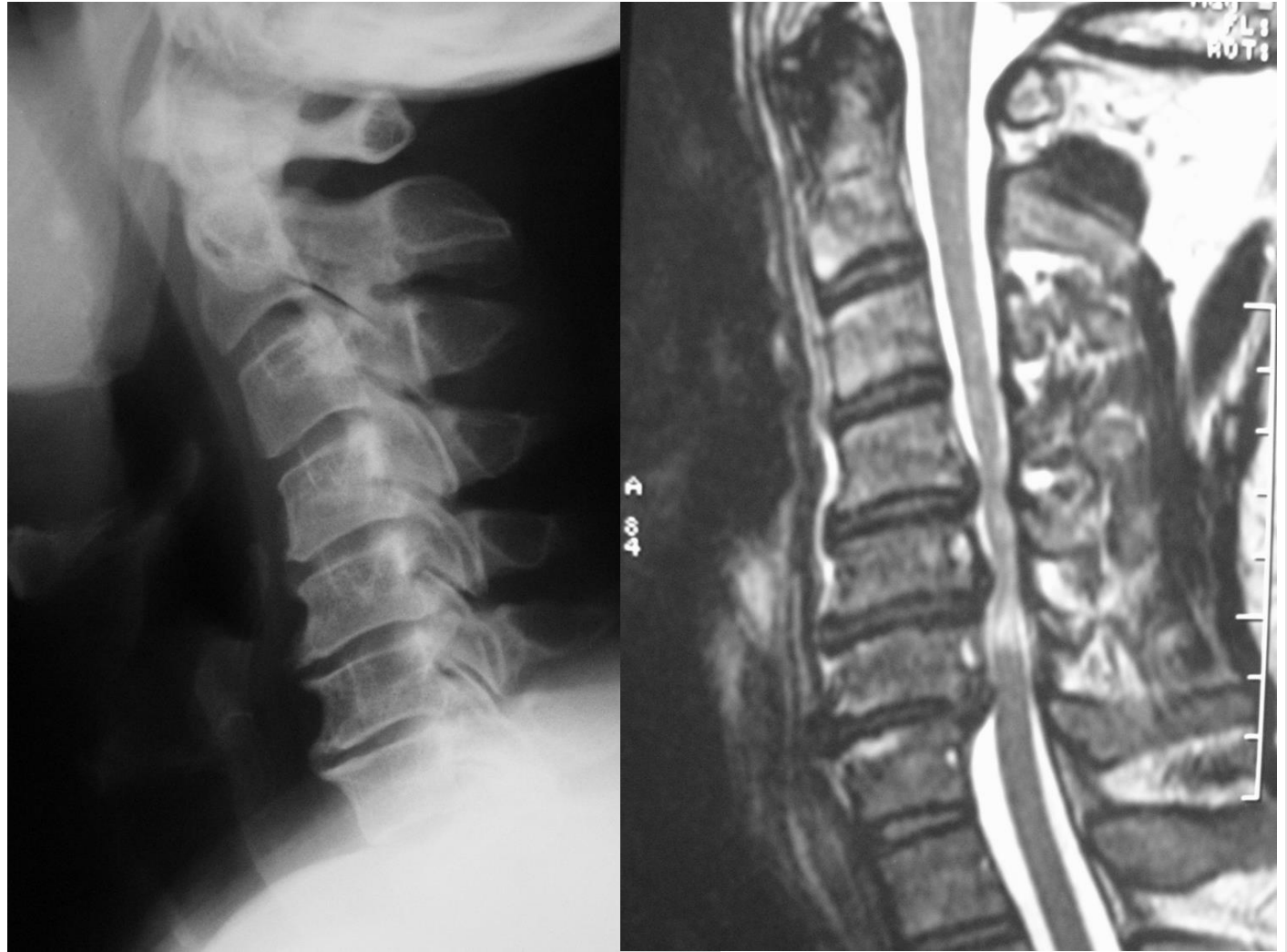
- Degenerative
- Rheumatoid arthritis

Spectrum of symptoms

- Mild disability

- Unable to do up buttons on shirt/blouse

- Cannot write, use key in door

- Uses stick or frame to walk

- Falls over trying to walk

- Bladder and bowel disturbance

Investigation

- X-ray
- MRI

Decompression surgery

- Definite symptoms and signs

- Can experience recovery

- Prevent further deterioration

SUMMARY

- Subtle presentation, no pain

- Clinical suspicion

- Constellation of symptoms and signs

- No one feature is diagnostic

- MRI is key

- Surgery is beneficial

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Q & A

✓ A **recording of the webinar** will be available on my website

✓ **Further resources for GPs** are available at
https://spinalsurgeonsydney.com.au/for-referrers

✓ **To receive future resources via email,** send your name and email
address to info@powspine.com.au

If you have any questions about a patient, please feel free to call me on 02 9650 4893.
I will return your call and discuss how we can help.

You can also reach me via ralphstanford@powspine.com.au.

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