

Is Loss of Cervical Curve a Sign of Cervical Spondylosis?

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Normally, the cervical spine has a natural forward curve, which is part of the physiological structure of the spine. However, if you maintain a forward head posture for prolonged periods—such as during desk work—this curvature may flatten or straighten. If the condition progresses further, the cervical spine may develop a reverse curvature, referred to as a "reversed physiological curve" or "kyphosis."

Abnormal cervical curvature is one of the X-ray manifestations of cervical spondylosis. When the physiological curve disappears or becomes reversed, the normal structural integrity and cushioning function of the cervical spine are compromised. This can lead to pressure on the nerves and blood vessels within the spinal canal, as well as strain on the muscles and ligaments located behind the cervical spine. These factors may result in cervical-related symptoms, which are characteristic of cervical spondylosis.

How to Treat Straightened Cervical Curve with Pillows?

From a mechanical perspective, correcting the straightened cervical curve can be achieved through posture correction, physical exercise, and the use of appropriate pillows. Many patients are advised to use low pillows, but sometimes this can worsen the pain. Pillow selection must be done carefully—using a pillow that's too low may not always be suitable, and in some cases, a higher pillow may be beneficial. The right choice should be based on a professional assessment by a physician.

How to Maintain a Healthy Cervical Spine?

Maintaining good posture is critical in preventing and managing cervical spine issues. One of the key causes of a straightened cervical curve is prolonged forward head posture, often due to desk work. Additionally, regular physical activity is beneficial

for preventing cervical problems. For those who must work long hours at a desk, frequent neck stretches and movements can help alleviate strain. It's also important to protect the neck from cold weather, as exposure to wind, cold, and dampness can contribute to neck problems.

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