

Dizziness When Moving the Neck May Be Caused by Cervical Spondylosis

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One day, an elderly man walked into my clinic with his family. He said, "Doctor Cao, I've been feeling very dizzy lately, sometimes accompanied by nausea. My neck also hurts, and when I turn my head, the dizziness gets worse. I've been treated for over two months without any improvement, what should I do?"

The elderly man and his family were understandably worried. After taking a thorough medical history and reviewing his imaging reports, I initially diagnosed his dizziness as being caused by cervical spondylosis.

After providing a brief explanation and performing acupressure, chiropractic adjustments, and acupuncture, the patient immediately felt a noticeable improvement in his dizziness and neck pain. After a few days of combined treatment with Chinese herbal medicine and physiotherapy, the discomfort that had troubled him for over two months was largely alleviated.

Why Does Cervical Spondylosis Cause Dizziness?

Cervical spondylosis is a common condition where conditions like disc herniation or bone spurs can irritate the sympathetic nerves or compress the vertebral artery. This can reduce blood flow to the brain, causing dizziness. This type of dizziness, resulting from cervical spondylosis, is known as **cervical vertigo**. Traditional Chinese medicine

(TCM) methods, including acupuncture, massage, herbal medicine, and physiotherapy, are very effective in treating this condition.

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