

## **Subaxial Cervical Spine Injuries**

**Ram Chaddha**

Consultant Spine Surgeon: Apollo Hospitals, Navi Mumbai  
Ex-Prof. Head of Department of Orthopaedics: K.J. Somaiya Hospital & Medical College, Mumbai,  
Maharashtra, India

### **Introduction:**

Cervical Spine injury with neurological deficit is one of the most morbid conditions which afflicts an otherwise normal active individual. Sub-axial injuries are far commoner than upper cervical injuries, both incidence wise and survival wise.

### **Materials & Methods:**

A retrospective analysis of treated sub-axial cervical spine injuries with and without neurology over two decades, both in a public and private hospital set-up gives an insight into the evolution of care. The use of instrumentation, with precision and better imaging and post-operative intensive care has led to paradigm shift in quality of results.

### **Results:**

Most cervical spine injuries destined to lead a life of solitude and agony have been rehabilitated by early intervention, aggressive physical therapy and vocational options. Less invasive, more precise interventions allow increased survivorship and quality of life.

### **Conclusion:**

Sub-axial cervical spine injury is perhaps the most challenging yet treatable spine ailment needing multidisciplinary aggressive intervention at the earliest. An algorithmic approach to management should be followed in institutions with large volumes to improve results.