

# Myelopathy

## Physiotherapy Service

Many people have a combination of neck or back pain, with arm or leg pain, numbness and weakness. These symptoms can be distressing for you but don't necessarily require emergency medical attention. A rare but serious spinal condition, Myelopathy, can lead to permanent damage or disability and will need to be seen by an Emergency Specialist Spinal Team. You need to be aware of these symptoms, so that you can seek timely medical assistance if they were to occur:

- Loss of grip and dexterity – Dropping things, or that your hands feel clumsy
- Difficulty walking – Feeling off-balance, or unsteady on your feet
- Loss of power – Heaviness or weakness in one, or both of your arms/ hands, or legs/ feet
- Loss of Feeling – Numbness or tingling in one, or both of your arms/ hands, or legs/ feet
- Changes to bladder and bowel function, like urgency, frequency, difficulty passing urine, leaking, and incontinence
- Changes to sensation around the bottom, or genitals
- Sexual problems, like loss of vaginal sensation, inability to achieve an erection or orgasm

ANY COMBINATION OF THE ABOVE WARNING SIGNS COULD BE SYMPTOMS OF MYELOPATHY.

**SEEK EMERGENCY HELP IMMEDIATELY AT AN Accident & Emergency Department.**

**For Gwent residents this is: Grange University Hospital Caerleon Road, Llanfrechfa, Cwmbran, NP44 8YN**

**This document is available in Welsh/ Mae'r ddogfen hon ar gael yn Gymraeg**