Bölüm
27

AĞIZ BOYUN BÖLGESİNDE AĞRIYA NEDEN OLAN KAS İSKELET SİSTEMİ HASTALIKLARI

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GİRİŞ

Kas iskelet sisteminden kaynaklanan ağrılar içinde ağız boyun bölgesi ağrıları bel ağrısından sonra en sık karşılaşılan yakınmadır (1). Sıklıkla karşılaşılan yakınma olması ve tanıda ileri görüntüleme ve inceleme yöntemleri bulunmasına karşın ağrının nedeni çoğu zaman net olarak saptanamamaktadır. Ağız boyun bölgesinde ağrıya neden olabilecek patolojiler Tablo 1'de özetlenmiştir. Ağız içinde oluşan hastalıklar, dental patolojiler ve temporomandibuler eklem rahatsızlıkları ile ilgili detaylı bilgiler diğer bölümlerde yer aldığından dolayı bu bölümde daha çok boyun bölgesinden kaynaklanan ağrı nedenleri incelenecektir.

BOYUN AĞRISI

Boyun omurganın en hareketli kısmı olup esas görevi baş ile gövdeyi bir arada tutmaktır. Bu hareketli yapısına rağmen beyin ve gövde arasında sinirsel ve vasküler dokular açısından hayati önemi olan iletişimi sağlar. Servikal omurgayı meydana getiren yedi vertebra ve boyun etrafında bulunan kaslar omurga hareketlerini kontrol eden yapılardır. Kaslar ve vertebra aralarından çıkan sinir köklerinin sıkışması en sık karşılaşılan ağrı nedenleridir.

İnsanların %50'sinden fazlası hayatlarının bir döneminde ciddi düzeyde boyun ağrısı yaşamaktadır (2). Dental, kranial ve temporomandibuler kaynaklı ağrılar da eklendiğinde bu oran daha da artmaktadır. Yapılan çalışmalarda boyun ağrısı prevalansı % 15-50 arasında bildirilmektedir (2-5). Bu oran kadınlarda ve orta yaşta artmaktadır (2-5). Boyun ağrılarının kronikleşmesi sıklıkla karşılaşılan bir problem olup bu durum gerek hastanın yaşam kalitesi gerek sağlık maliyetleri

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laka akılda tutulmalıdır. Yaşlı ve atipik şikayetler tarifleyen hastalarda kas iskelet sistemi muayenesine mutlaka detaylı nörolojik muayene eklenmeli ve gerektiğinde erken tanı ve tedavi için ileri incelemeler yapılmalıdır.

Anahtar Kelimeler: Boyun Ağrısı, Fibromiyalji, Miyofasiyal Ağrı Sendromu

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