

### Cervical Disc Anatomy 3- What Is A Nerve Root

The spinal cord starts up in the brain, and the spinal cord goes down in the middle of the spine, and it is protected by the bones, by the spine bones, and at every level what's called a nerve root comes off and they are cut off here in this model but these nerve roots would go down to the arm and each nerve root goes to a different place in the arm, and some of the nerve root fibers can control strength, some control sensation, and that's why when someone comes in with a pinched nerve and they tell me where it hurts I can usually predict which one of these nerves is being pinched. These all go down the left arm and these go down the right arm. These are called nerve roots and when you have a cervical herniated disc, the disc comes out and puts pressure on one of these nerve roots and that's why you develop symptoms in the arm and sometimes you can actually have symptoms just in the arm and no neck pain at all because the pressure is all on one of these cervical roots.

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