

Cervical Disc Anatomy 4- How Are The Discs Numbered In My Neck

Many times patients will come to me and will say I have two herniated discs. I have a herniated disc at C4 and C5 and the first thing I tell them is the good news is you have only one herniated disc, you have a herniated disc at C4-C5. So let me explain to you so you do not make that mistake when you see the doctor and how to number, how the discs are numbered and how to count. So, so the bones are numbered C2, C3, C4, C5 as we mentioned and between each bone is the disc, this disc is called C4-C5. So this actual disc has two numbers, this bone has one number, it is C4. This bone has one number C5, but the disc between it is called C4-C5. So if you have a herniated disc at C4-C5, you have one herniated disc. If you had one at C5-C6, then you have two herniated discs, one at C4-C5 and one at C5-C6.

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