

How Do I Control The Pain Of A Herniated Cervical Disc?

So, you have a cervical herniated disc and the pain is out of control, what do you do? It is a big problem for people dealing with the pain sometimes and that may be a good time for you to see someone called the pain management physician. You can need help with medications and some of these medications are addictive, some of them are dangerous, some of them have a lot of side effects, and if you can in your community if you have a pain management specialist, it is good to see that person. Pain management specialists are MDs and they deal with people in pain. There are all types of medications to be given and that may be one avenue you want to take. Most importantly, you have to realize and I am sure you do that being in pain makes you miserable and makes you miserable to be around. So, you are under stress, but your family is under stress too, and everybody has to address this issue and they have to give you the space you need, but you also have to understand that you are probably not very pleasant to be around, so you may need to be aware of that and just take yourself to a different area when you feel that you are going to snapping at people or acting in a way that is not typical for who you are. So, it is called stress management and you may have to see someone for that such as a therapist. You may have to try some relaxation techniques. You may have to see some physical therapist to try to find positions where you are not having pain. You got to get sleep. If you are in pain like this and you are not sleeping, it is going to make you nuts. So, you have got to work towards getting a good night's sleep and that usually does not come from taking sleeping pills, you have got this to control the pain.

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