

What Are The First Signs Of a Cervical Herniated Disc

I what think is interesting, patients ask me like you might, do I have a cervical herniated disc. So what are the first signs of a cervical herniated disc? If it is after trauma, they develop the symptoms in a day, two days, or even after a week, so it does not really come on suddenly. But what is surprising is how many patients and perhaps you fall in this category, say to me you know I went to sleep and I woke up in the morning and I had neck pain and the arm pain and initially I thought that was just a quirk in my neck from sleeping or the window was open, but the pain did not go away and then I noticed that not only the pain go away but I developed some numbness, weakness, tingling, etc., in my arm. So how patients present is varied and it is not always obvious.

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