

What Happens At My First Visit With The Spine Surgeon For My Cervical Herniated Disc

So what will happen to you when you see the doctor? My kids always want to know if they are going to get a shot if they go to see the doctor. Good news for you with the cervical herniated disc, your arm might be on fire. You may have weakness in the arm, but the good news is I do not think that you are going to get a shot. So when you see the doctor most importantly they are going to take a history. The doctor is going to talk to you, find out when the pain started, where the pain is, are you having any other symptoms, then the doctor will do an examination of your extremities to make sure that you are neurologically intact meaning you have good sensation or good strength and there are no symptoms related to compression of the spinal cord and that exam does not hurt. It is very simple and most of the time you could even remain fully dressed. Then you may have some medications prescribed for you and may be a test will be ordered like a CAT scan or MRI scan or x-rays and that is it. So usually the first visit with the doctor is pretty benign, nothing to be afraid about and you are going there with concerns about your symptoms, you want to have the examination and you want to talk about pain control and hopefully you will be able to leave with some type of prescription to help move you in the direction to heal up.

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SLN/gisl /law/qap/030214/SLN100028-1

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