

What Is A Cervical Herniated Disc

So what happens when the herniated disc occurs in the cervical spine? Well it is exactly that. The disc which I like to think of as like a Jelly Donut from Dunkin' Donuts where this is the donut part, well the jelly part inside sometimes comes out and it pushes out. Now if it pushes out towards the front, it is no big deal, you may have some neck pain for a while. If it herniates out towards the back what does it hit, it hits a nerve, either the spinal cord or nerve root and then you get symptoms. You can get numbness, tingling, weakness, or pain, or all the above. So a herniated disc is when the normal disc ruptures like squeezing that jelly donut and some of the internal contents come out. Now in real life, it is not like jelly, but it is more of the consistency sort of like chicken, raw chicken or crab meat, it is actually tissue and it comes out a bit. It is not loose, it is not a liquid, but it definitely can come out and put pressure on the nerve and that is called a herniated disc. If it is in the cervical spine, we call it a cervical disc herniation.

Seth L. Neubardt, M.D.

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New York City, NY Office

315 W. 57th St. Suite 304
New York, NY 10019
Tel: (914) 948-5067
Fax: (914) 948-5602

***Manhattan Practice Limited to Cervical Herniated Disc Surgery.*

White Plains, NY Office

244 Westchester Avenue, Suite 310
White Plains, NY 10604
Tel: (914) 948-5067
Fax: (914) 948-5602