

What's The Natural History Of Cervical Herniated Disc- Am I Going To Get Better-

In medicine we use the term natural history. We are not talking about a museum, we are talking about what naturally happens with the disease. So what is the natural history of cervical herniated disc? Is it good news or bad news? Well, let me cut to the chase and tell you, usually it is good news. 90% or so patients with cervical herniated disc get better on their own. So if you have symptoms of cervical herniated disc, hang tight, give it time, and the chances are you are going to get better. So initially there can be pain, numbness, tingling, and weakness in the arms. This can progress becoming quite severe for a few weeks and then you can start treatments, nonsurgical treatments, such as medications, therapies, maybe injections, and if not better after a period of 6 to 12 weeks you will then be offered the option of surgery. But usually within a period of four to six weeks about 50% of people are better, by 9 to 12 weeks about 90% of people are better. So the natural history for a cervical herniated disc is healing on your own, it is good news, it has got a good prognosis, it is not something to get depressed about, just give it time, and get the proper care that you need.

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