

## **Braces and Collars For Non-Surgical Treatment Of The Cervical Herniated Disc**

For a cervical herniated disc, people always ask me what type of brace or collar should they use, and the answer is do not, do not use them at all. They really do not do anything. Unless of course, you are having a lot of neck spasm and you find yourself comfortable in a certain position. Sometimes, people will come in with a towel wrapped around their neck and they say "this is where I feel comfortable," for that patient, it is okay to use a brace, but in general, I do not like using braces or collars as treatment for a cervical herniated disc. I did get a tip from \_\_\_Ron Sweitzer\_\_\_ who is a physical therapist about how to use a collar if you are going to do it.

\_\_\_Ron Sweitzer\_\_\_: A lot of times, a regular cervical collar, the person is in a little too much extension, and if they turn it around and put the Velcro here, it puts them in a more neutral position and they are more comfortable.

So the bottom line on braces and collars is try to avoid them. They do give you great sympathy from people around you, but they are really not going to do anything to treat the cervical herniated disc. They will probably just stiffen up your neck and if anything make you worse.

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