

Four Ways To Avoid Surgery For Your Herniated Cervical Disc

So if you have a cervical herniated disc you may be wondering what are the ways that you can avoid surgery; believe me if I had a cervical herniated disc, I would try to avoid surgery, not because it is a bad thing but just because it is the right thing to do to avoid any type of surgery. So I would do four things:

1. I would change my activity to avoid high-impact activities involving the neck, things like jogging, jumping, high-impact aerobics, mountain biking, things like that that will continually compress the neck and bang that herniated disc against the nerve.
2. What I would do is I would not rush. I would not rush into surgery unless I was having neurologic problems like progressive weakness, progressive numbness, or unbelievable pain. If I could I would wait this out because I know that 90% of the times, this problem gets better on its own but it can take 6, 8, or 12 weeks, so number two is give it time.
3. It is important to get someone involved with your care who is not a surgeon, but it is good for you to have another voice too. Someone who does not do surgery; it could be a physical therapist, it could be a neurologist, it could be your chiropractor, but you need some advice from someone who is objective and looking at you and saying to you, you know I think you are getting better week-by-week that you can hold off or someone to say you listen, you are terrible, you have got to get this treated with surgery.
4. The fourth thing that I would do is I would use medication. A lot of people I see who have severe pain from a herniated disc do not take medicine because they do not like medicine. Let me say, this is the time to use the medicine. This thing hurts and if it hurts you really bad you can be crabby, you can be upset, you are not going to be sleeping and that makes you more susceptible to the pain the next day. So you got to take the medicine, you got to sleep. Too much medicine is not good either, you have side effects from the medication, it could be fatigue, it could be constipation, it could be drowsiness but to some degree you have to use medication to try to relieve the symptoms which will buy you time and hopefully you get better with the time.

So in summary, here are the four things:

1. Change your activity, so you eliminate all high-impact activities or anything else that produces pain in the neck or down the arm.
2. Give this thing time to get better on its own.
3. Get a second opinion from a nonsurgical practitioner.
4. Do not be afraid to use medication to get the pain down so you can buy time and allow this to heal on its own.

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