

How To Start Your Treatment For The Cervical Herniated Disc Without Surgery

So you have the cervical herniated disc and you want to do everything you can to get better and not have surgery. So we have a similar list below. We will just see in a nonsurgical treatment section of different things, but let me talk to you now briefly about some of them. Typically, the first thing the people do is they try physical therapy and that is a good idea. Try physical therapy to regain some motion in the neck, to learn some exercises for strengthening, and also receive treatments such as electrostimulation and massage to try to quiet down the nerve, to try to quiet down the pain you are having. You can also try chiropractic, assuming your disc is not a large dangerous herniated disc. You can try chiropractics, speak to the chiropractor first, make sure you review the MRI scan, and then you know what you are dealing with. I would not recommend chiropractic for any type of large herniated disc where there is pressure on the spinal cord. Other thing such as shiatsu, acupuncture, massage therapy, reflexology that will be described below and you can try those things too. Remember, you want to try these treatments, you do not want them to hurt you. If you are creating more pain by doing these treatments, you want to stop. Try different things but you want to exhaust all these before you think about having surgery, so you are really confident that you are not getting better with those and the only other option for you is surgery.

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