

Pilates For Non-Surgical Treatment Of The Cervical Herniated Disc

Pilates is a terrific exercise that works on strengthening the core and I have nothing against Pilates; however, it is really not going to be effective for treating a true cervical herniated disc or this pressure on the nerve or spinal cord, creating pain in the neck running down the arm. So, bottom line of the Pilates is I love it, I think it is great for strengthening your core and people should do it. Once you get better from your cervical herniated disc, join a Pilates studio and do it, but as far as treatment for your problem right now, I really cannot endorse it or recommend it to be an effective treatment.

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