

When Is A Cervical Herniated Disc An Emergency-

Most of the time a herniated disc in the cervical spine is not an emergency, it is very painful but it is not an emergency. But sometimes it can be critical and it can present itself with a situation where you have to go to the emergency room and get emergent treatment. Remember, a herniated disc is putting pressure on the nerves, but sometimes if it is a big herniated disc it could put pressure directly on the spinal cord and it will develop what we call spinal cord symptoms. So, some pain in the arm, that is okay. Little numbness or tingling in the arm, that is okay. Anytime you get progressive numbness or the numbness is getting worse and worse by the hour, that is an emergency. Anytime you have progressive weakness or the arm or both arms are getting weak, that is an emergency. Anytime you develop progressive numbness or weakness in the legs, that is an emergency. Any type of loss of bowel or bladder control, absolutely an emergency, you have got to go to the emergency room. If you cannot walk that is an emergency. So remember, any type of pain in the arms, that is okay. A little numbness and tingling, that is okay. Even a little weakness that is not progressing, you can wait and see your doctor over the next day or two. But when things are progressive, progressive numbness, weakness, problems walking, bowel or bladder problems, absolutely emergency, you have got to get out of your place, call an ambulance, get to the emergency room, or call your primary care right away, or see a spine surgeon right away. Those are very, very rare but can happen, in short of that you are okay to wait and let this heal on its own. Remember, most of the time, the herniated disc will get better on their own and hopefully you are going to be in that group.

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