

## Why Do I Have a Cervical Herniated Disc-

Everybody comes to me and asks me why do I have this herniated disc and the answer is there is no reason. Herniated disc happens and I would not spend a lot of time worrying you about why you have it. It could come from trauma, it could come from twisting, but most of the time it just happens. So do not worry about why you have it, just focus on what you can do to get better.

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