

Yoga For Non-Surgical Treatment Of The Cervical Herniated Disc

Many people do yoga and think that it is going to be the cure for everything and for many things it is, and in general, I love yoga and actually wish I could do it better than I do, but I have to caution you about a cervical herniated disc with yoga can be something that is a problem, because with a cervical herniated disc, your pressure on this nerve and spinal cord in some of the poses in yoga can actually exacerbate your problem. So if you do yoga already and you are experienced in it, you will have no problem continuing as long as you avoid the poses and activities that produce increased pain. If you have not done yoga yet, I would not start it now. Yoga is great to do later on once you recover and you are all better, but it is not an effective treatment for a cervical herniated disc with the associated neck and arm pain, numbness, tingling, and weakness.

So the bottom line of yoga is it is not a good treatment for a cervical herniated disc.

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