

Bedrest For Non-Surgical Treatment Of The Cervical Herniated Disc

Bedrest in general is a bad thing, but if you are in extreme pain from a cervical herniated disc or any type of back problem, we are going to give you a day or two for bedrest that is okay, but after that we want you out of bed. You can use bed a little bit. If you are having a lot of pain, so you can go from bed to the chair to the couch to walk around, but this idea of staying in bed all day like a mummy is old news in medicine, we don't do that anymore. It is bad because you can get blood clots, you can get depressed, you can get bedsores; it does not solve the problem, so especially with a cervical herniated disc, get yourself out of bed, find a comfortable position and stay in that position either whether it is sitting or lying on the floor or walking around, but try to keep yourself moving.

So the bottom line in bedrest is in general it is bad, maybe a day or two of it is okay, but otherwise get yourself moving and keep yourself active, but try to reduce the pain to a minimum.

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