

How Do I Know I Have A Cervical Herniated Disc

How do you know you have a herniated disc? Well, the first thing is you will have some neck pain most likely, but you may just even have arm symptoms and the difference between regular old neck pain and a cervical herniated disc pain is that the cervical herniated disc will produce symptoms into the arm. Usually, it is one side or the other but it can even be both, and that can be associated with some numbness or tingling in the arms or even some weakness. If you have weakness, you have got to see a doctor right away. If you have some numbness and pain, you can wait on it and see which way it goes but do not get depressed, do not despair, even if you have a cervical herniated disc, the chances are really, really good. You are going to get better on your own and your body will heal naturally.

Seth L. Neubardt, M.D.

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New York City, NY Office

315 W. 57th St. Suite 304
New York, NY 10019
Tel: (914) 948-5067
Fax: (914) 948-5602

***Manhattan Practice Limited to Cervical Herniated Disc Surgery.*

White Plains, NY Office

244 Westchester Avenue, Suite 310
White Plains, NY 10604
Tel: (914) 948-5067
Fax: (914) 948-5602