

How Does A Cervical Herniated Disc Progress- What Is The Time Frame For Healing

We are really committed, Dr. Neubardt and I to treating all our patients conservatively. That means without surgery. So, it is not uncommon that a patient will ask me. Well, I know I have got the symptoms and I had an MRI that shows that I have a herniated disc. What's the natural history, how does this problem progress? Will it end and then what timeframe? So my usual answer and there is no answer for a particular person but my usual answer is that the overwhelming number of individuals will have a natural course that the pain with some medication, with perhaps some rest goes away on its own and it does so within six weeks. The exceptions of course are those patients who have developed significant loss of sensation. Number two, significant weakness, or number three, where the pain is so severe that they really cannot function. Those patients fall into separate category. There is small number of patients; you probably do not fit into that category, but if you do individuals like yourself by necessity has to take somewhat of a more aggressive approach and that may require surgery.

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