

Shiatsu For Non-Surgical Treatment Of The Cervical Herniated Disc

Shiatsu is basically deep tissue massage and frequently it is incorporated into other types of therapies such as physical therapy or even chiropractic care. I like Shiatsu in general, and I think that it can be effective for treating the deep muscle spasm that is frequently associated with cervical herniated disc. But again, it is not going to address the pressure on the nerve from the herniated disc itself. So it is more treating the symptoms and if you have a good Shiatsu practitioner, I have no problem with you trying that. Sometimes, people have pain after the Shiatsu, and you have to make sure this is not happening day after day, so you can try it; if it helps you, then it is okay to continue. I would not put this high on my list as an effective treatment for the cervical herniated disc. So the bottom line in Shiatsu is, very little downside, but also not much upside as far as treating the actual problem of the cervical herniated disc.

SLN/gisl/mjm/nat/051014/SLN20058-1

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