

Which Doctor Should I See First For My Herniated Cervical Disc-

So you have symptoms in the arm and you are convinced you have a cervical herniated disc, who should you see. Should you see your primary care physician? Should you see a spine surgeon, a chiropractor, a physical therapist, that is a good question? The first step, keep it simple. Usually go to your primary care physician and get some medication for pain and have an examination to make sure there is no other problems going on and then most often we are going to give this time to let it quiet down on its own. At that point, you can start thinking about seeing other practitioners who can help you get better. Sometimes a chiropractor can help, sometimes physical therapy, but we usually reserve a spine surgeon as more towards the end after you are convinced you are not getting better with time and you have to start thinking about having surgery, start with the simple things first, go to see your primary care and do not expect to get an MRI right away. A good primary care physician will listen to your complaints, examine you, most likely give you some medication for pain, and not give you an MRI. Usually, you do not need an MRI unless you had symptoms for several weeks or unless you have other type of neurologic problems such as progressive numbness or any type of significant weakness.

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