

Why Do I Have a Herniated Cervical Disc-

So what are the causes of cervical herniated disc or in other words why me, why did you get this. People always come in and they say to me, how did I get this, why did I have this, why did this happen to me, and usually we just do not know. Sometimes herniated disc run in families, it is not directly hereditary, but if you speak to your family members you will find people probably had this condition before. Sometimes it is related to trauma, but sometimes it just happens, just sneezing or just waking up, so do not be obsessed about why it happens, just be happy that you have a diagnosis which is not too bad, and be happy that knowing that most people get better on their own, over 90% of patients with a cervical herniated disc get better. So focus on moving forward, focus on what you can do to get yourself better, and just know it just happens. Usually it happens at ages 20 to 40, so it is a young person's disease which is also good and it does not mean that anything else is going to happen as far as any other herniated disc. It could be an isolated event, you could have just one herniated disc in your whole life, but focus again on what to do to get better and be reassured that the chances are really good that you are going to heal up and do just fine.

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