



Cervical Disc Herniation

What is it?

The disc in the cervical spine can bulge or herniate, causing compression and irritation of the nerves that exit your spinal cord. They can be compressed in the spinal canal or as they exit the vertebrae.

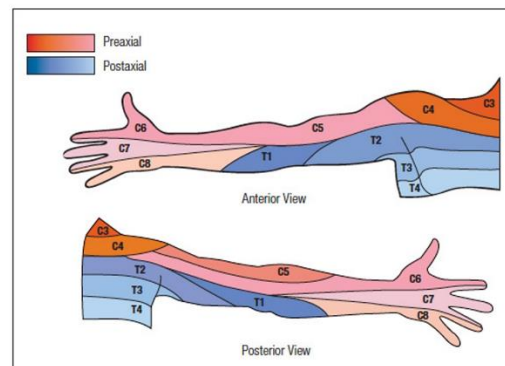
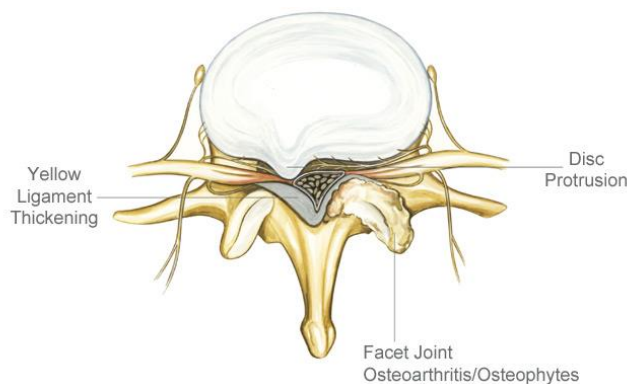


Figure 2. A map of dermatomal innervation of the shoulder and upper extremity.

What are the symptoms?

Most patients have pain in the neck with radiation to the shoulder and arm. Some patients have numbness, tingling & even weakness in the arm or hand.

How is it treated?

- Manual therapy – Physical therapy, Chiropractic, Osteopathic Manipulation, Massage
- Traction – home traction device
- Aerobic exercise – stationary bike, Aquafit
- Medicine – NSAIDs (ie: Ibuprofen, Naprosyn), Muscle relaxants & Nerve pain pills (ie: Nortriptyline, Gabapentin, Lyrica)
- Injections – cortisone facet injections, epidural steroid injection (ESI)
- Surgery – decompression of area (if conservative treatment fails)

