

## **Botox For Non-Surgical Treatment Of The Cervical Herniated Disc**

Everybody loves Botox, right. I mean you have a cervical herniated disc, you are in pain, so why not get everything fixed up. Actually, Botox can be used for patients with neck pain and spasm, because Botox relaxes muscles, so you may in your travels of trying to get better, say "hey, someone who is going to offer you Botox, why not try it. I think it is not really used as a first-line defense at all for treating cervical herniated disc, but if you come across someone who is a pain management specialist and they do utilize Botox in their practice and you have specific types of muscle spasms in the neck, it may be offered to you. Be very careful not to overdo it with the Botox because it can relax the muscles in your neck and you are going to end up with your chin on your chest, so I would not endorse this as a treatment for cervical herniated disc except in rare cases where the muscle spasm in the neck is overwhelming.

So the bottom line of Botox is not my favorite, not my first line and really has to be used in very specialized cases.

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