

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

Patients with a cervical herniated disc will have pain in the neck and arm and it is frequently very difficult for them to do exercising. So this is a good time to meet with the physical therapist or an exercise specialist to figure out what programs you can do without making your situation worse and it is a very simple principle that you are going to apply when you are meeting with these people and that is, if it hurts, do not do it. This is not the time to say, no pain, no gain and work through the pain. This pain will take you down, so do not mess with the pain. If you are doing any exercises in your routine and it produces increased symptoms of pain, numbness, tingling, or weakness, you have to stop, you have to eliminate that exercise from your program, and then continue on. Generally, things that involve high impact such as jumping like basketball, jogging, and running are going to aggravate the herniated disc. It is going to be banging against the nerve and you are going to be worse. Generally, things that are low impact or no impact are going to allow you to continue to move, get the endorphins rush through your body, and not aggravate the pain. So you can do this on your own or you can meet with a specialist such as a physical therapist, but I do think you are going to have to modify what you do, so you can stay active and reduce the pain.

So, bottom line on exercise is keep yourself active but avoid the pain.

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