

Pillows For Non-Surgical Treatment Of The Cervical Herniated Disc

People always ask me, "what is the best pillow to use to treat my cervical herniated disc," and unfortunately, there is no answer to that question. There are a million pillows on the market. Some are made of foams, some are made of feathers, and some are made of buckwheat. Here is the answer that I got to tell you, after 20 years of doing this, I figured this out. What you have to do, you as the patient with a cervical herniated disc is you have to look at all the pillows. So you go into google images, cervical pillows, you look at all of them and the one that your brain tells you "I think that is going to be good for me," that is the pillow for you because you know in your mind what you need your neck to do to be comfortable, and you will seek out the pillow that is going to put you in that comfortable position. Some people like half a pillow, some people like a pillow that tilts, some people like a pillow in the front, but you are gonna have to try a few pillows to find the one that works for you and a lot of it is position. The pillow is holding you in a certain position and do not be afraid to switch pillows in the middle of the night, but it is something that is going to be up to you and the bottom line in cervical pillows is, they are all great, you got to pick the one that works for you, try a few, and you will find one that will make you feel comfortable.

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