

# Slipped Disc in Neck (Acute Cervical Disc Disease)

## What is it?

When spinal disc/s in neck become out of alignment, either slightly protruding or completely displaced. Gel substance may leak from disc and put pressure on spinal cord or cervical nerves

## What causes it?

Repetitive or excessive stress. Disc degeneration. Direct force to cervical spine.

## Symptoms

Tingling and weakness. Numbness or pain in the neck, shoulder, arm or hand. Motor and sensory dysfunction in the affected cervical area.

## Top Tips

Seek medical attention as soon as possible. This can be an extremely painful condition. Proper neck support and medication are essential. Seek advice on an exercise programme.

## How to Treat it

Rest, ice packs/gels, heat packs/creams, anti-inflammatories, painkillers, muscle relaxants



## Rehab

After a period of healing, gentle physical therapy using heat to assist stretches. Postural assessment and adjustment. Upper body strengthening and proprioceptive exercises. In severe cases, surgery

## Definitions

**Discs** – cartilaginous pads located between the spinal vertebrae. Help to absorb force and to promote flexibility

**Rupture** – total tear or disconnection of vertebral disc

**Cervical Spine** – vertebrae in the neck

**Cervical Nerves** – nerves in the neck

**Proprioceptive Exercises** – exercises that teach your body to control the position of an injured joint. Reintroduces self-awareness and balance back into the body.

## Associated Conditions

- Neck Strain,
- Cervical Nerve Stretch Syndrome/Burner Syndrome,
- Whiplash,
- Wryneck/Acute Torticollis,
- Pinched Nerve,
- Spur Formation (Cervical Spondylosis)

## Get Help Now

### Products

Purchase sports injury products from Physique - neck brace, [ice packs](#) or [gels](#), [heat packs](#) or [creams](#)

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### Services

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References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com