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

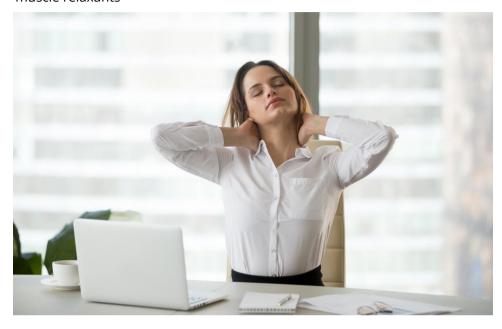
Tingling and weakness. Numbness or pain in the neck, shoulder, arm or hand. Motor and sensory dysfunction in the affected cervical area.

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)

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



