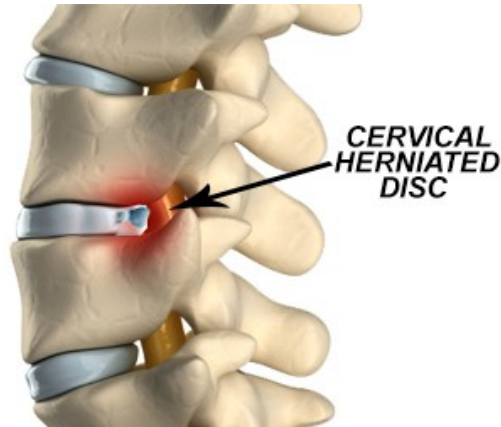


## Cervical Disc Herniation



The cervical spine has 7 vertebrae. Between every vertebra there is a disc that acts as a shock absorber and forms canals that allow nerves to come out from the spinal cord to the rest of the body. The disc is made up of a gelatinous substance and when it herniates, this substance can pinch nerves surrounding the disc. If you're suffering from the following symptoms, you may have an injured disc in your neck:

1. Weakness in your arms/hands
2. Numbness in your arms/hands
3. Tingling in your arms/hands
4. Sharp pain in the neck back
5. Shock-like pain that travels from the neck to the arms and/or hands
6. Neck pain while sneezing or coughing
7. Neck pain while pushing as you defecate

Aside from the list above, it is best to have an MRI done to confirm the diagnosis.

### Solution

To correct this problem you have to move the herniated portion of the disc away from the irritated nerve and strengthen the muscles surrounding it.

The next page will show you how to perform orthopedic tests to see if you fall into this category.

## **Analysis: Cervical Disc Herniation**

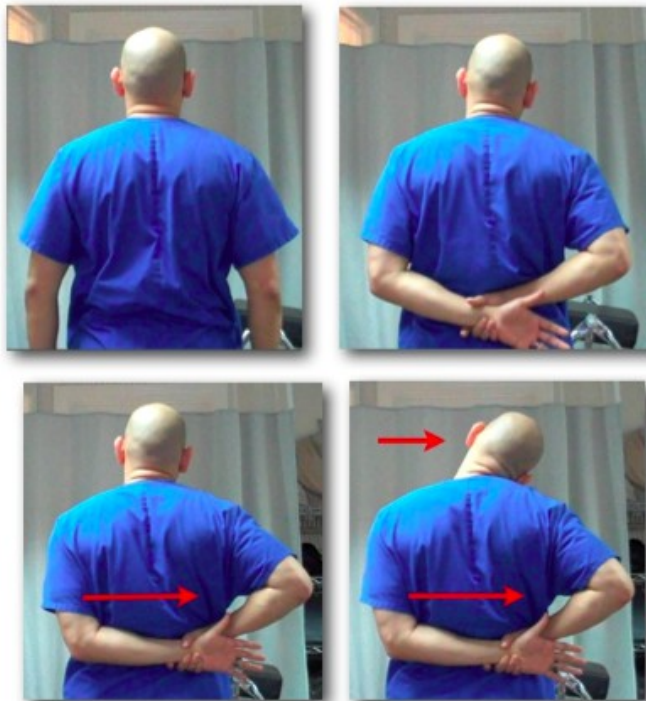
Perform the orthopedic tests below to see if you show positive symptoms for a disc herniation.

### **Maximal Cervical Compression test**



Tilt your head to one side. Using both hands, press down on your head. Tilt your head to the other side and repeat. If you feel a sharp pain in the neck or shock-like pain that travels down the arm, you're showing symptoms of a herniated disc.

### **Shoulder Depression test**



Bring your left arm behind your body. Pull your left arm to the right while tilting your head to the right. Repeat with your right arm, pulling the arm to the left while tilting your head to the left. If you feel a sharp pain in the neck or shock-like pain that travels down the arm, you're showing symptoms of a herniated disc.

## **Exercise Plan: Cervical Disc Herniation**

As stated previously, in order to eliminate neck pain caused by a disc herniation, you must do exercises that move the herniated portion away from surrounding nerves, strengthen the muscles in the low back, and decompress the cervical spine.

I also recommend that you invest in a cervical traction device, which is a specialized device you can use at home that decompresses the spine and removes pressure off discs and nerves in your neck. To learn more about cervical traction visit this link [DrJoseGuevara.com/traction](http://DrJoseGuevara.com/traction)

These are the prescribed exercises to treat a cervical herniated disc.

Exercises	Sets	Repetitions
Guillotine (22)	5	10
Lateral flexion (23)	5	10
Cervical extension (29)	5	10
Double chin (42)	5	10
Lateral neck stretch (45)	5	10

For pictures and descriptions of the exercises on this page, go to the *Exercise Guide* section of this book (Page 42). The numbers in parenthesis next to each exercise corresponds to the exercise number in the Exercise Guide.