**Cervical Disc Herniation**

Keywords: arm pain, neck pain, arm ache, neck ache

Cervical herniation is a disorder caused by swelling or rupture of the joint capsule. It can cause spinal damage due to compression of the spinal cord or nerves that innervate the arms.

Depending on the size of the herniation, complaints may differ.

**Patient Complaints:** neck pain, arm pain, numbness, tingling sensation of the arm and hand, loss of strength, and walking difficulty.

**Diagnostics:**Besides the physical examination findings, MRI(Cervical MRI) results should be considered.

**Treatment:**Varies upon the results of the examinations. The first line of treatment is **drug treatment** and neck support(such as cervical collars). In most cases, these management pathways would be beneficial unless there is any proof of nerve compression during the examinations. In these patients, if the pain persists, **physiotherapy** should be beneficial.

In case of compressive nerve or spinal cord damage evidence, **surgery**should be performed.

If the herniation number is less than three, stable support(cage) or artificial disc prosthesis can be placed, between disc spaces, during the surgery. After cage placement, an additional cervical plate can be placed to stabilize the vertebrae if the number of herniations is more than three.

**Post-operative Management:** The patient can be discharged the day after and return to work.

