

## What Are the Best Activities and Positions For Healing a Herniated Disc

So you have a herniated disc of the cervical spine, you have got pain at the first two weeks, you want to get better on your own and you cannot get better most of the time, people can better on their own, but it is important to modify your activities to allow your body to heal in the best way possible. So certainly avoid things that are going to jar the neck, certainly things that are going to create a lot of impact, so high-impact activities, high-velocity activities you should avoid. You can be up and about all day long. You can be walking, we really do not want you flat at bed, at bedrest, that is not good for you, so you can be up, you sit for a while, you walk for a while, but learn the activities, learn what is going to create pain, anything that is creating pain is bad for you. But I can tell you, typically things like jogging, basketball, high-impact aerobics, do not do those things, because they are going to bang the neck. It is going to create inflammation and it is going to give you more symptoms. Frequently, there are positions of the neck that would give you pain. Looking up at the ceiling may give you pain into the arm, looking down touching chin-to-chest, so certainly avoid those activities. You want to keep your body in the pain-free zone, so you can move about, you can do whatever you have to do as long as you are not creating more pain. This allows the nerve to quiet down. You want the nerve to heal, you want to leave it alone. If you hit your thumb with a hammer, it is going to flare up. You do not spend all day moving the thumb around. It will never get better. What you do with the thumb, you leave it alone, you protect it, you give it time to heal up, and you want to do the same thing with the neck. So as far as activity, find a position of comfort and stay in that position as much as you can. When you sleep at night, you may have to sleep in a reclining chair that is okay. If you are comfortable that way, you get more sleep that way and it is not forever, it is for a few days or a few weeks until everything quiet down. Once you feel better, you can go back to your bed. So as far as activity, avoid high-impact activities, avoid anything that creates pain, and give this time to get better and good luck.

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