



PREVENTION AND TREATMENT OF CERVICAL DISC HERNIATION

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Abstract

Introduction. Cervical disc herniation is a common cause of neck pain in adults, due to cervical nerve root irritation. There are 4 stages to a cervical herniated disc: disc degeneration, prolapse, extrusion and sequestration. Neck pain disturbs the function and quality of life for most patients. In most cases, the initial treatment is nonsurgical and the patient will be referred to a rehabilitation unit.

Material and method. There are a number of methods which a health-care provider will consider, when approaching herniated disc treatment, to restore the function and reduce pain. Conservative treatment consists of medication and non-pharmacologic intervention.

Pharmacotherapy: non-steroidal anti-inflammatory drugs (NSAIDs), analgesics, muscle relaxants, steroids are often prescribed in order to reduce neck pain. Non-pharmacologic intervention consists of a variety of methods, such as collar immobilization, traction, exercise and postural treatments, thermotherapy, electrotherapy, cervical manipulation, patient education, workplace intervention, but the treatment must be individualized and adjusted according to patient's comorbidities and needs. Prevention of cervical disc herniation is an important measure in a population surrounded by technology, especially in prolong time-screen. Patient education in maintaining a good posture is important at all ages, but especially in adolescents and young adults.

Conclusions. Neck pain due to cervical herniation can be prevented or treated with a variety of methods, increasing functionality and the quality of life. Large clinical trials are needed to establish the most effective method in treatment of cervical disc herniation.

Keywords: *neck pain, posture, cervical disc, workplace intervention*