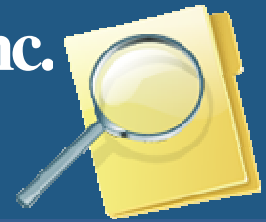


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*A good laugh and a long
sleep are the best cures in the
doctor's book.*

~Irish Proverb

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Cervical Herniated Disk & Treatment Options

Did you know?that a cervical herniated disk may originate from some sort of trauma or injury to the cervical spine but that symptoms including arm pain, *commonly start spontaneously.*

Did you know?the two most common levels in the cervical spine to herniate are the C5-C6 level and the C6-C7 level with the next most common at C4-5 level and rarely the C7-T1 level.

The *nerve most affected* by a cervical disk herniation is the one *exiting* the spine at that *level.*

Symptoms of a herniated disk

C4-C5 [*C5 nerve root—the exit nerve root*]...weakness in the deltoid muscle of upper arm. Can cause shoulder pain. *Does not usually cause numbness or tingling.*

C5-C6 [*C6 nerve root*]...weakness in the triceps (muscles in the back of the upper arms) and wrist extensor muscles. *Numbness and tingling with pain can radiate to the thumb side of the hand.*

C6-C7 [*C7 nerve root*]...weakness in the triceps extending into the forearm & the finger extensor muscles.

Numbness, tingling along with pain can radiate down the triceps into the middle finger.

C7-T1 [*C8 nerve root*]... *weakness with handgrip, numbness and tingling. Pain can radiate down the arm to the little finger side of hand.*

Treatment: The majority of the time the symptoms can be controlled with medication & conservative-non surgical treatment. The most lingering symptoms are: weakness, numbness & tingling. Medical literature *does not* support the theory that surgery for cervical disk herniation helps the nerve root heal quicker. ---- Medical Doctors @ Spine-health.com

Two Reasons to Perform Spine Surgery
Progressive problems with major muscle groups. If there is a cervical problem, then muscles in the arm may atrophy. In other words, with loss of nerve function (the nerve dies), and without nerve innervation to the muscle tissue, the muscle tissue also dies.

Radicular pain of the arm of reasonable duration that has not responded to conservative treatment, **supported by objective studies**NCS NERVE STUDY/EMG-MUSCLE STUDY & CT Myelogram.

WORKPLACE 2008 in the U.S.A.

Employees of the New Belgium Brewing Co. in Fort Collins, Colorado, get a new bike on their one-year anniversary with the company. Employees also don't need to worry about messy hair or sweaty clothes after riding their bikes to work...the company also provides showers.

A Good Idea for Montana Workers:

Employees of Jobing.com, a Houston, Texas based career job search site have a unique option to cut commute costs. "Wrap" their cars in the company's logo and have all their gas costs covered, plus a \$500 monthly stipend. One of the first employees to sign up said that at first it was a little embarrassing but now he is "in good company because nearly 170 Jobing.com employees have turned their cars into roving advertisements." ----from The Week, June 2008 P.S. I checked this out...It is for real. MJB