

Cervical Contained Disc Lesion

What is a Cervical Contained Disc Lesion?

Long-standing internal derangements of the nucleus pulposus of the intervertebral disc progress to degradation of the annular supportive and flexible fibrocartilaginous rings. This process occurs from the inside to the outside of the disc and takes time to develop. The nuclear material displaces the degraded parts of the annular rings after the loss of structural integrity and resulting in a contained disc herniation. A contained disc herniation has not broken through the outermost annular rings and is thus 'contained' or bulging. It would not be uncommon to have the contained herniation rupture and cause an increase in symptoms including new radicular symptoms. Much like a zip under the skin that has not popped the zip festers with inflammation, swelling, redness, heat, and pain often for an extended period due to the contained nature and the location's resistance to the body's immune system. This can be quite painful and usually involves referred pain symptoms.

Diagnosis

Symptoms

Pain and inflammation with unilateral referred symptoms from the base of the neck to under the shoulder blade.

Radicular symptoms can develop into the upper extremity usually above the elbow.

Reduced cervical AROM with mild to moderate nerve tension in the neck and upper extremity.

Treatment

Goals are to reduce pain, inflammation, decrease mechanical compression and prevent chemical radiculopathy or further disc herniation or rupture.

Chiropractic care for the Cervical and Thoracic spine

Chiropractic care for the Upper Extremity shoulder girdle and scapula

Cervical Decompression – Cox Technique

Nerve flossing

Cervical stability exercises

Nutra- Disc 6 tablets per day for 30 days

Ice and Rest

Prognosis

Full recovery is attainable, however due to the contained nature of the herniation the patient may have difficulty in consistent improvement