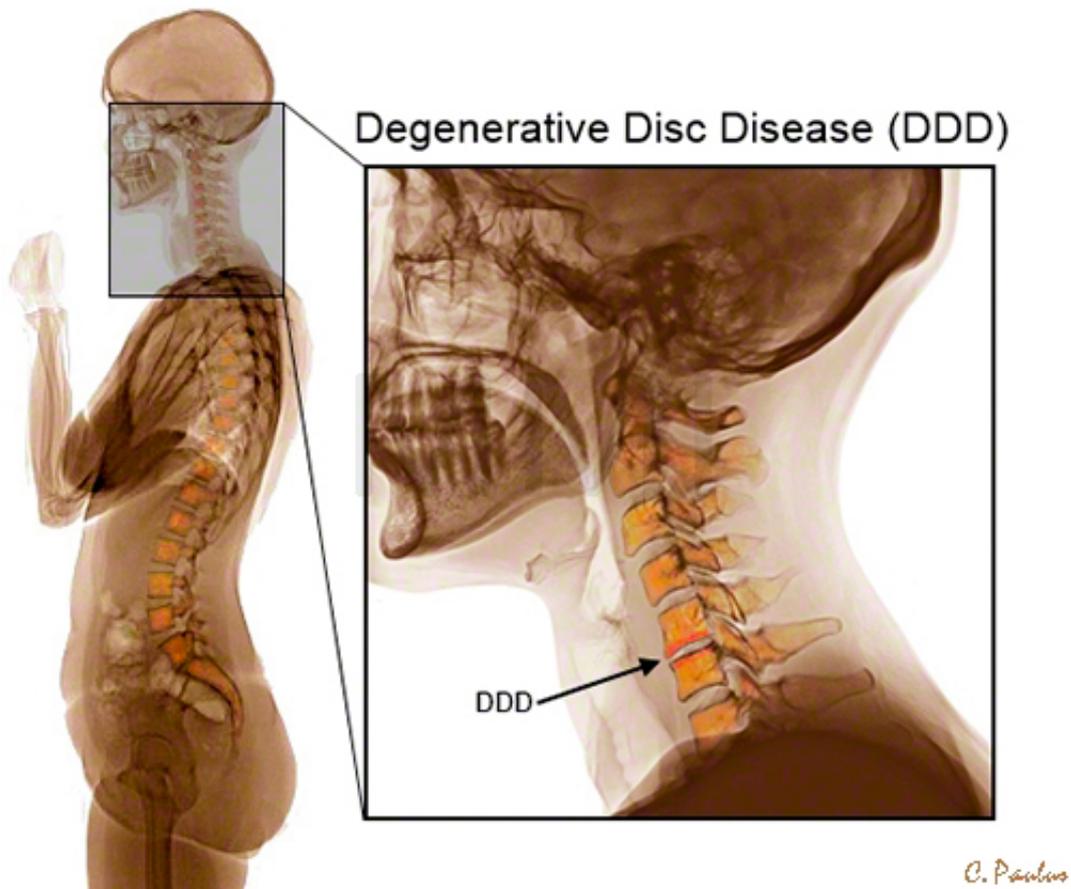


Recovering from Herniated Cervical disc (neck) and spine disease - keeping in good shape your Back and Neck in easy 4 steps Exercises

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If you are a long term computer geek, IT specliast, system administrator a hacker or any type of office worker that spends as a maximum 8 hours / 5 days a week and you do not do some kind of **Sports (Running Heavy Lifting, Back or neck Exercises, do Fitness)** etc. sooner or later you will start noticing a change in your normal back posture and heavy pain either in back or neck of your body.

The posture you have is in risc and your muscles will slowly start atrophying. It is very likely with years that you will start developing a body muscle strain in the area of neck or back and you will feel **tensed / anxious** most of the time without a clear reason on what is causing the constant **stress** you experience.

A heavy and constant anxiety you might develop with the months and years of chair sitting, **sedentary**

lifestyle and staring into the computer screen or **spending many hours driving** might lead you into sleeping problems a bad blood flow to the brain (if you have **neck problems**) and other not nice health issues such as **ringing in your year / head (tinnitus)** and as an impact of all the degeneration of body a change in **bone tissues** and even **brain** might happen.

If you're suffering a back spine or neck disease the pain it is about to create daily for you will also impact the level of depression you experience and often it alone could be a cause for **depression**, because of the violated bodily organs blood flow (especially the brain) ...

That's **heavy health issues** and if you are **young** you might think that all this is just an imaginations and it will never happen to you but unfortunately in today's **digital age** where people tend to spend 10 to 14 hours daily in front of PC notebook / monitor and **smartphone** or in few hours conversations on the phone, all this with years contributes and sooner or later you will face the terrible reality of suffering from some of the many existing types of [Herniated Cervical Disc disease](#).

So what is Herniated Cervical Disc Disease (shortly explained) ?

Spinal disc herniation, also known as a **slipped disc**, is a medical condition affecting the spine in which a tear in the outer, fibrous ring of an intervertebral disc allows the soft, central portion to bulge out beyond the damaged outer rings.

The reason to get a **herniated cervical disc** is usually due to aging a genetical predisposition, constant straining of back due to many hours without **physical activity sitting or in bed, traumas, injuries** attained during **heavy lifing** or sports etc.

** What are the symptoms of Herniated Cervical disc ?*

*The symptoms vary depending of the location of a herniated disc and depends on the soft tissue between the bones that gets involved. Common symptoms however is **severe and unrelented neck pain, low back pain, pain in knees or feet, undefined pains in thigh etc. ... it really depends by the affected region served by affected nerve roots that are irritated or impinged by the herniated material.***

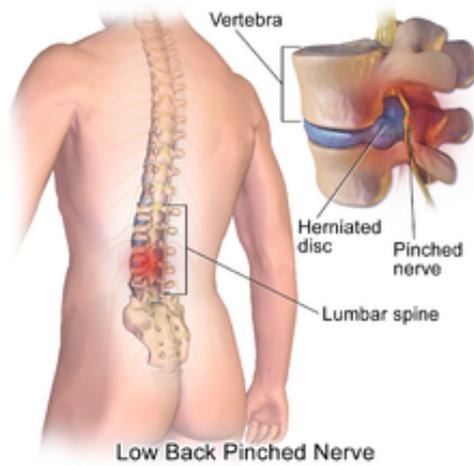
*Some people suffering from spinal disc herniation is symptoms of **numbness, tingling of limbs, overall muscular weakness, paralysis and effection of reflexes, double vision, noise in the head / ears, insomnia and more ...***

If the herniated disc is in the **lumbar region**, you will experience **sciatica (a pain going down the leg from the lower back)**.

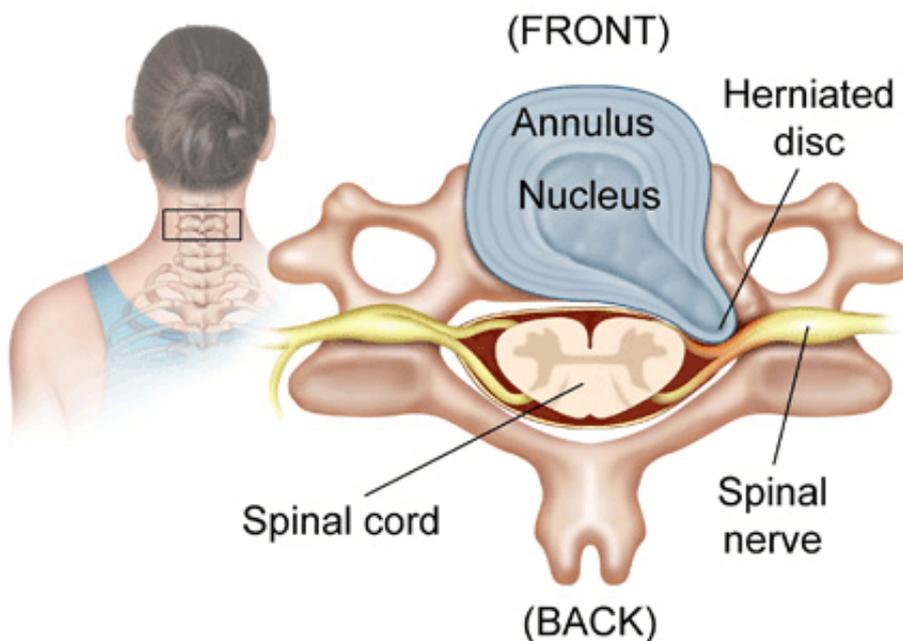
The things becomes even worser and the risk even higher if you're not using a **comfortable computer chair at work or home**, but you are into the habit to use a **laptop** or as the girls / women like to do lay on the bed and do stuff on the computer or tablet such as **chatting all day long in a social networks** such as **Facebook** or **watching movies after a heavy office day**.

Just take a look at young people's necks around leaning up and their crooked back posture on the street in **bus** or **metro** if you don't believe me and thing and you will be amazed how terrible deformations so many youngsters (teenagers) and even mid age person suffer *some early or advanced stage* of [kyphosis](#)

[disease](#) (a deformation of the spine / neck) without even realizing it.



Suffering **Kyphosis** (and the usual surrounding **Herniated Disc illness**) is a terrible thing to experience and this is a **silent killer that is plaguing people worse** than any other disease, because the disease is developing relatively slow in time it is few that really catch it in early stage and it usually is tracked once you already suffer with some kind of **constant pain in neck / back** and a [Spinal disc herniation](#) or you had a pinched nerve somewhere in the body because of some kind of **constant compression in between spine bones** etc.



The majority of spinal disc herniation cases occur in the lumbar region (95% in **L4-L5** or **L5-S1** - this is a doctors naming for regions where it occurs). The second most common site is the cervical region (**C5-C6, C6-C7**). The thoracic region accounts for only 0.15% to 4.0% of cases.

For IT specialists Gamers and mostly and people whose profession includes spending their days sitting in front of the computer screen **C5-C6 / C6-C7** regions are very common (something that could contribute additionally for the disease is if you suffer some kind of **astigmatism eye disease** and because of that you **keep your neck constantly even more forward** to see better what's on the PC screen)



With age spine and bones are decaying (**wearing out**) and as a result the spinal cord gets deformed and this is a normal process, we can't change but we can delay it with some daily exercises and work on our bodies so at old age we experience a little better health ..

Well dying is inevitable anyways :) .. but why not make your quality of life and overall experience in the body a little bit better and **do some exercises** that will boost your mood to happiness, improve overall blood flow and either help you recover or protect you against a possible **herniated disc** problems?

I was to a doctor today for a **Manual Therapy** session, because I happen to suffer from **Herniated Cervical Disc (neck on C6 and C7)** which bringing me a lot of unfortable nervous pressure and messing up with my quality of life.

To deal with my problem I went to see one of the best **doctors in the field of Physical Medicine and Rehabilitation in Bulgaria and perhaps in the World** [Assen Aleksiev M. D. Phd](#) in [Aleksandrovska](#)

[University Hospital.](#)

Mr **Assen Aleksiev** is living legend and one of the bright persons as of time of writing this article he is:

1. *Physician – specialist and expert in:*

- *Physical Medicine and Rehabilitation (with emphasize on orthopaedic and neurological disorders),*
- *Manual Medicine (Osteopathy, Chiropractics)*
- *Clinical Electro-diagnostics, Electromyography and Electro-stimulation.*

2. *Lecturer.*, 3. *Scientist/researcher.*, 4. *Reviewer of medical literature.*, 5. *Author and co-author of medical literature.*, 6. *Manager.*, 7. *National consultant for Physical Medicine and Rehabilitation 2014.*

After seeing my case and having a number of cases, just like mine and did some **Manual therapy** fixing my neck back, **limbs** etc.

I will share with you the 4 steps, he said I and anyone has to follow in order to prevent himself from *Herniated cervical disc degenerative disease* to progress and in worst case to turn me into a mildly disabled.

Even though this exercises were prescribed as a cure and support mechanism for a herniated disc patient that I turned to be, the good doc. shared with me that this set of 4 steps if followed could prevent not only your spine and waist from experiencing the painful discomfort of herniated disc diaseese but could generally strengthen the body functioning and protect you from dying from a future **strokes (heart attacks)** and a number of other **cardiological diseases**.

So here are the 4 Golden Exercises (STEPS) that, if practiced regularly will keep you from spinal curvature, will keep your neck and back in a good motion and help you recover from herniated disc diseases.

1. ALWAYS TIGHTEN YOUR STOMACH WHEN YOU SIT DOWN OR STAND UP !!!

- Make the habit to always tighten your stomach when you sit and stand up, this moves the weight of the body on the muscles instead on the bones. If you sit down or stand up without tightened stomach (because of the gravitation the body weight you have increases doubles if you're 70 kilos the body / bones have to bear a weight of 140 kg or so ...). Once, again tightening the stomach makes the weight be received by your muscles and this saves your bones

2. CHANGE THE POSITION OF THE BODY EVERY 15 MINUTES (FOR EXAMPLE YOU'RE SITTING FOR 15 MINUTES ON A CHAIR STAND UP MOVE YOUR SHOULDER FOR 2 / 3 AND SIT BACK) !!!

- Stand up from your chair or whenever you sit and move around your shoulders

3. ON EVERY HOUR PRACTICE SCHOOL (GYMNASTICS) EXERCISES !!!

- **5 Table push ups** (if you're in an office for example in a Focus Corner Room) or outside the office building on a bench or something) - compulsory is to make it with a tightened stomach

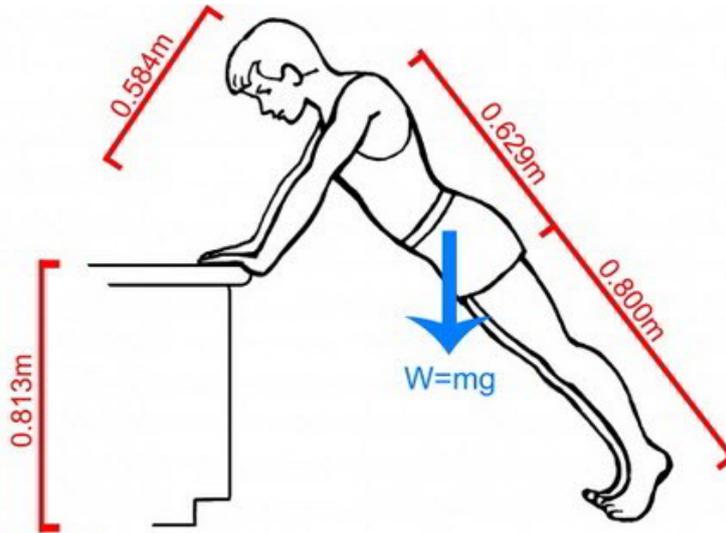
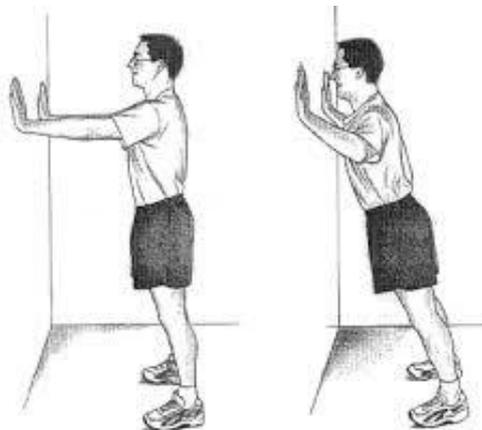
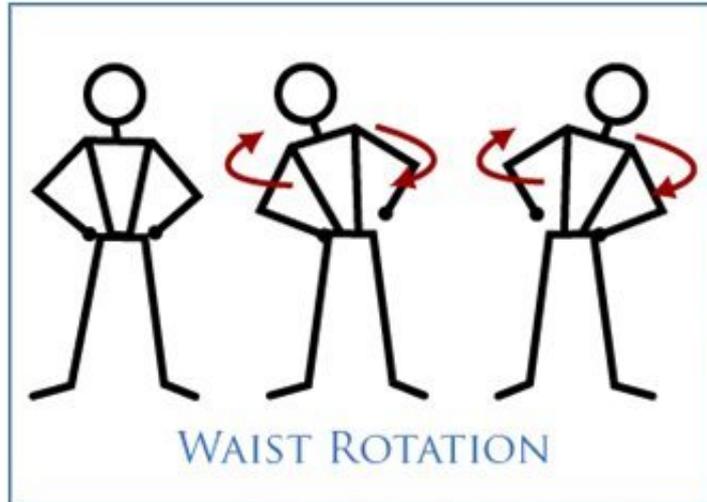


Table Push ups (the table angle inclination degree should be at best case about 45 to 60 degree but if it is different angle it is okay as well)

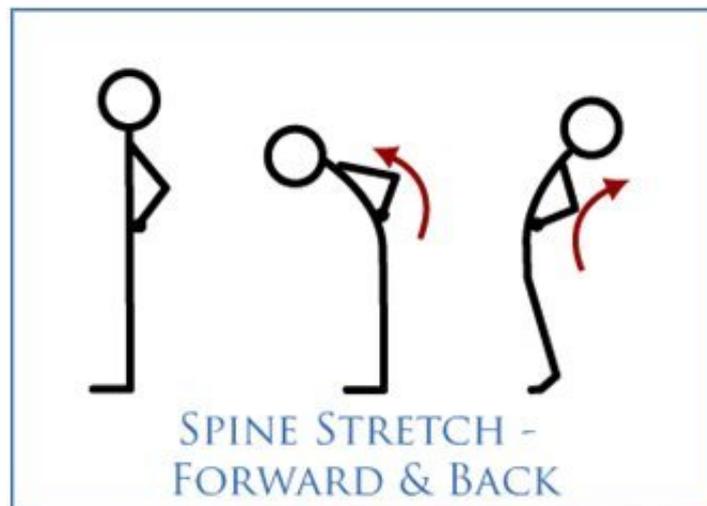


if you are in a place where you can't do a table push-up you can do a **wall push up**

- **Waist Rotation (Exercise)** Put your arms on the waist (in a triangle form), your legs should be a little bit far from each other in a small triangle like form too and turn your whole body left and then right do it 3 to 5 times each side.



- **Spinal Stretch Exercise** (*Place fingers at the base of the spine bend forward and backward then left side and right side slowly! - do it each direction at least 3 to 5 times (e.g. 5 backwards /forward, 5 left and 5 times right)*)



- The 8 tact exercise is a complex of 4 exercises each on repeated 2 by the (count number 1, 2, 3, 4, 5, 6, 7, 8)

1, 2, 3, 4 - Put your heads on the level of the chest (bent them so the elbows point right and left then move them both right and left to the maximum back and stretch cross shaped your both

hands

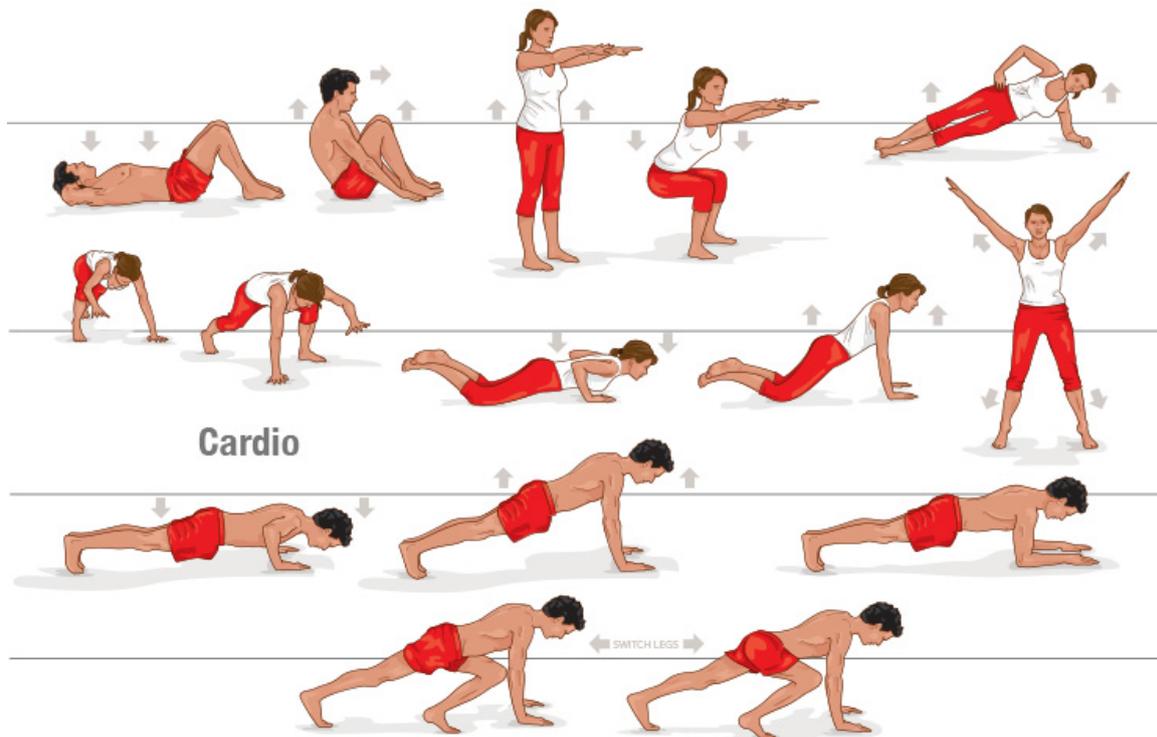
5, 6 - Standing still move Right hand up and move it backwards as much as you can left hand down and move it backwards as much as possible

7,8 - Reverse the hands, Left hand up and move it backwards to maximum and right hand down and move it backwards to maximum

6,8

4, 3 TIMES A DAY (MORNING, MID DAY AND 1 HOUR BEFORE GO TO BED DO A SET OF 15 MINUTES ACTIVE CARDIO TRAINING EXERCISES) !!!

- This could be 15 minutes of running , jumping, push ups, heavy lifting, biking whatever you like to do but let the heart (pulse) rate be heavy loaded ...



5. Hanging on a lever (recommended not by the good doctor but by Dr. Georgiev e.g. hip0 myself) :)

Just find a lever and hang for about 60 seconds every day

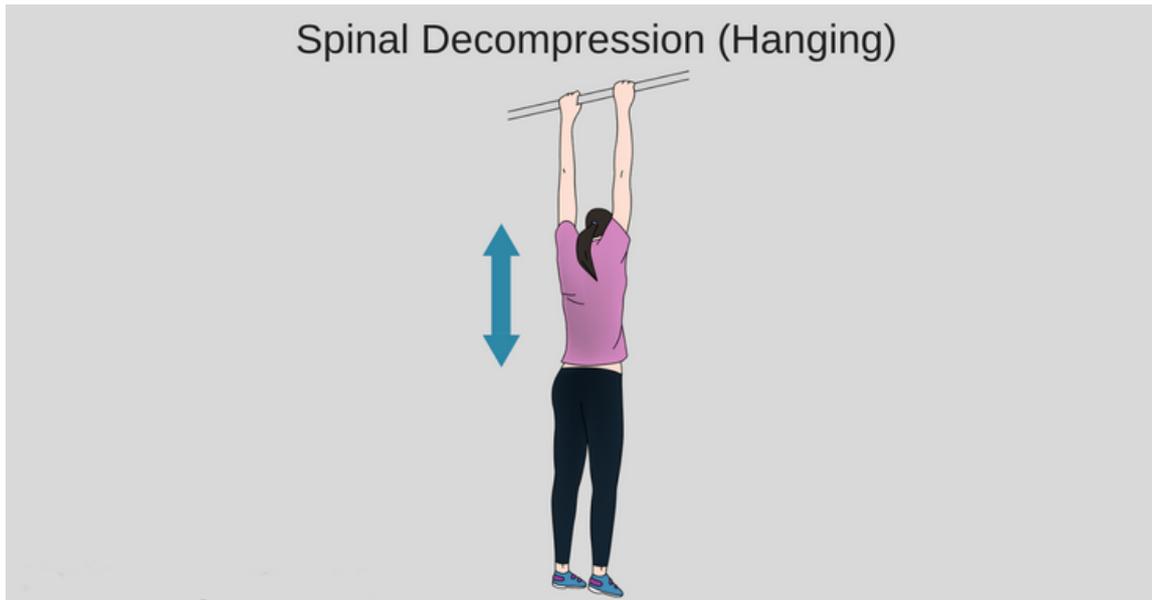


Image Source BackIntelligence.com (Image Copyrighted by Leon Turetsky)

Following this routine of exercises: will not cost you too much of a time daily

- a. It is (3x15 minutes cardio) is 45 minutes of exercise (and maybe another 5 to 15 minutes to go to where you practice it) = **60 minutes (1 hour)**
- b. Each hour 1 minute of exercises (approximately 14 hours is 14 minutes or at worst case if it takes you two minutes to do the complex of exercises $2 \times 14 =$ **28 minutes**).
- c. tightening the stomach once learned is **0 seconds and 0 minutes**.
- d. hanging (if you choose to do this as well) is 60 seconds (1 minute) - going to the lever is another 3 to 5 minutes at worst case (lets say an overall of **6 minutes**)
- f. change position of the body every 15 minutes (costs you just up to 5 secs) or (14 hours x (4 x 15) = 60 secs) - that means another **14 minutes**.

So the overall time for keeping your spine and neck in a good shape is (28 + 14 + 6 + 0 + 60 minutes) = **108 minutes**, that is less than **1 hours and 48 minutes** at worst scenario a day.

One helpful program in order to remind you to not forget your exercises schedule if you choose to give it a try is [Workrave see here my previous article on how it can help you Preserve health from computer Caused Strain Injury \(RSI\)](#).

But the advantages of following this exercise routine would be your:

1. *bettered overall health,*
2. *less noise in head,*

3. *better digestion,*
4. *less strain and pain in neck and back,*
5. *feeling less anxiety and stress,*
6. *feeling happier (more Serotonin and Dopamine and other liquids that are boosting mood and helping brain work are pumped up more regularly into the brain),*
7. *a better concentration / focus on things (something most computer specialists and computer related jobs people miss seriously,*
8. *a better memory and a better sleep + following the standard school gymnastics exercises is much more safe when compared to Fitness,*
9. *Less Body Mental Fatigue (as most people with Herniated cervical disc suffer from a body fatigue that often affects the mind and creates a mental fatigue)*
10. *You don't risk to receive a body or muscle trauma that will last for a life time :)*

Well, I hope that article helps someone with a herniated disc out or at least serve as a **BIG WARNING** and push people involved in IT, Digital Marketing, Programming, Logistics and mostly all professionals who require a long hours of hovering in front of the PC to realize the great dangers all this keeps for their health and get more physical activity daily to protect timely from ending up with a spinal degenerative disease and suffer 'till the end of life.

I will be mostly glad to hear if anyone had a personal experience with herniated disc and any spinal / neck degenerative disease and give me more hints on useful things that help in living a life with a herniated disc disease?

Thanks for reading !