

Mon, 19 Nov 2012

12:05 AM

Cervical Spine Process & Recovery after Accident

Racing time to get to work, you step on the gas pedal and speed up to 90 miles per hour passing every car in sight. You look over to see if you remembered to bring your job badge and when you turn back to the road... BANG! Confused and shocked from slamming into the wall, you close your eyes for a few seconds and to try to pull yourself together. You think you're ok but not sure due to the dazed feeling from the adrenaline caused by the accident. Once you snap back into reality, panicked, you reach for your phone and quickly dial 911.

Make sure to schedule post-appointment checkups with your physician to confirm that your neck doesn't need surgery from the whiplash experienced in the car accident. The development of neck pain after a car accident can be tricky and involve a combination of variables such as physical, mechanical, and psychological factors. Some severe accidents require you to wear neck braces, or in serious cases, surgery such as cervical spine surgery. Contact an orthopedic surgeon to see if you need cervical spine surgery in Los Angeles. When you experience cervical spine trauma, it weakens the ligaments, discs, muscles, and even structures of the spine. Symptoms such as stiffness, numbness, swelling, and discomfort could be experience to your whole body and limit your movements. To determine if you need a herniated disc repair in Los Angeles, a cervical spine surgeon can take X-rays and make assessments on pain and range of movement of the neck. Cervical spine surgery? What is this? How to have this surgery done?

[Click here](#)

to clarify your doubts

Situations like these are very common and you should be fully prepared after being in any car accident. By being fully knowledgeable and understanding the correct steps to follow

after an accident, you could assure that your health and legal matters are handled correctly. After the accident remember not to apologize for the accident. If someone is severely injured from the accident, call 911 to get emergency attention immediately and do not wait until the accident is resolved to go to the doctor. Contact the police right away, no matter how small the accident, to get a full detailed report of the accident. If other vehicles were involved, information to collect from the other parties are the names, addresses, and phone numbers of everyone involved. A description of the car and license plate number may be helpful, but make sure you obtain their vehicle identification number and insurance company as well. Ask your insurance company for steps and tips that should be followed after an accident to get your correct claims and medical bills paid for.

Check out this website for further info on
herniated disc treatment for more details:

<http://cervicalspinesurgeon.com/services/herniated-disc-repair.html>

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Wed, 13 Mar 2013
3:03 AM

Spinal Cord Compression - A Serious Disorder Requiring Immediate Treatment

Normal
0

false

false

false

EN-US

X-NONE

X-NONE


```
/* Style Definitions */
table.MsoNormalTable
{mso-style-name:"Table Normal";
mso-tstyle-rowband-size:0;
mso-tstyle-colband-size:0;
```

mso-style-noshow:yes;
mso-style-priority:99;
mso-style-qformat:yes;
mso-style-parent:"";
mso-padding-alt:0in 5.4pt 0in 5.4pt;
mso-para-margin-top:0in;
mso-para-margin-right:0in;
mso-para-margin-bottom:10.0pt;
mso-para-margin-left:0in;
line-height:115%;
mso-pagination:widow-orphan;
font-size:11.0pt;
font-family:"Calibri","sans-serif";
mso-ascii-font-family:Calibri;
mso-ascii-theme-font:minor-latin;
mso-fareast-font-family:"Times New Roman";
mso-fareast-theme-font:minor-fareast;
mso-hansi-font-family:Calibri;
mso-hansi-theme-font:minor-latin;}

Spinal cord

problems can lead to partial or permanent paralysis and we need to prompt in getting the treatment done, once we see the symptoms.

Trauma can also be at the back of this problem and again there are many factors that cause this problem of the spinal cord and the lower back. An immediate scanning and treatment are warranted in most circumstances to avoid permanent damage to the nervous system and therefore to our backbone.

Tumors also are one of the reasons and they need to be operated - a ruptured disc can also cause the compression as can protruding bones and cartilage

can do to the spinal cord.

Surgery will help to stop extreme case of certain tumors from damaging the spine and whilst most of the times its about controlling the factors that cause you the permanent damage of the spinal cord by approaching the doctor the moment you find some symptoms of back pain that seems to be nagging you.

Also it is necessary, that we are living in a world where the treatment options are all interrelated in the human body and we need to work with diligence to abstain from giving up on back pain.

There are many remedial measures to how we can go about fixing our back problem and how doctors at the Glendale facility have institutionalized the problem of the spinal cord disorders and have found effective solutions for all.

Again, it is important to have an educated and knowledgeable attendant along with the patient because he or she will be important to the doctor in making emergency decisions on the patient's behalf if a particular need were to arise.

Also, since this facility has gained so much in popularity for spine surgery that people not only from all over the USA but from outside the country also fly in for treatment of this problem and sort their spine disorder in the expert hands of the doctors and surgeons at the facility.

In the final analysis, it is for all patients to identify with the symptoms very early on and approach the doctor for treatment and avoid the disorder from becoming a dangerously paralytic disorder that is

extremely undesirable for everybody at home.

It is also important
that this realization is met with increased amount of care and
dedication towards treating this disorder as soon as
possible.

Visit This Website to
know more about Spinal Cord problems:

<http://cervicalspinesurgeon.com/services/herniated-disc-repair.html>

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Sat, 23 Mar 2013
1:05 AM

Take Care of Your Bones

Bones

are one of man's basic foundations. This gives shape to the body and allows movement. Imagine being boneless. Movement would be quite difficult, if not impossible. This is why taking good care of the bones is a must. Even if they seem strong and indestructible, they are also susceptible to problems and injuries. Issues regarding the skeletal system are not entirely new or uncommon. This can either be caused by trauma or by illnesses. The great thing is that most of these problems can be treated and corrected when addressed earlier.

Athletes

are among the usual people who experience such problems. Training

and doing sports can sometimes take a toll on their bodies and their bones. Injuries can be common, especially for physical sports. Aside from being a physical issue, this can also affect athletes emotionally, when the injury can affect their games. This is why a good surgeon is indispensable to athletes. One can be really helpful in hastening their recovery and in treating their injuries and pain right away.

Hand

injuries are common yet neglected. With more and more people already spending a lot of time in front of the computer, injuries on the wrists and hands are getting more usual. Some may have experienced carpal tunnel syndrome or even fractured hands. Such problems can render the patient feeling pretty useless especially when most tasks are done by the hands, like cooking, bathing and other things.

Occupational

injuries, like those who repeatedly make use of certain parts of the body, can be vulnerable to skeletal injuries. Other victims of vehicular accidents may also have experienced broken bones or dislocated shoulder, depending on the gravity of the accident. Familiar bone illnesses, like arthritis, can also cause discomfort and pain to the patients. Arthritis can make the joints swollen and painful. This is something that everyone has to face, especially when aging. Osteoarthritis can be painful to the joints, especially the knees, during simple movement.

When

one is experiencing any of the above-mentioned problems with the bones or joints, consulting a qualified orthopedic surgeon is advised. This can be helpful in order to treat the issues right away. Finding the right treatment is useful for faster recuperation. The patient can also discuss in detail his experiences and allow the doctor to find a remedy. Doctors can prescribe medications, like pain reliever, in order to control and alleviate the pain. Other medications and supplements may also be prescribed depending on the need of the patient. An

orthopedic

surgery

can be the solution to a severe bone injury or disease.

Those patients with arthritis, who experience extremely painful knees, may need a knee replacement. This can allow the patient to move normally and alleviates the pain on the knees.

To

know more about orthopedic surgery... Visit this Website:

<http://cervicalspinesurgeon.com/services/herniated-disc-repair.html>

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Thu, 28 Mar 2013

3:19 AM

Details on how to get your Herniated Disc treated

It is important that any treatment involving the backbone is done with as much the care as it is done to your brain, for the both of them are interconnected and are a single unit. Most people look at the backbone as a separate and independent entity but it is not.

The back bone is an extension of the brain and it is something that the brain will be unable to do without if it were to stop getting support from it. The backbone is made up of 26 bones. A herniated disk is a disk that slips out of place or ruptures. If it presses on a nerve, it can cause back pain or sciatica.

The spinal bones are separated by disks. These disks cushion the spinal column and put space between your vertebrae. The disks allow movement between the vertebrae, which lets you bend and reach.

Nerve roots are large nerves that branch out from the spinal cord and leave your spinal column between each vertebra. There are a lot of things that address the backbone pain and the bones that are at the lower end of the spinal cord, that always get sensitized at the first instance especially when an individual is worried or not in a comfortable thinking pattern and is worried for longer periods of time.

This is not something he or she need be terribly worried with but has to take care anyway.

Recently a blog by Mediline Plus highlighted this issue in great detail.

It mainly dealt with Herniated disk

A herniated (slipped) disk occurs when all or part of a disk in the spine is forced through a weakened part of the disk. This may place pressure on nearby nerves.

- Acute low back pain
- Chronic low back pain
- Sciatica
- Back pain that spreads to the buttocks and legs, when the herniated disk is in your lower back
- Neck pain that spreads to the shoulders and upper arms, when the herniated disk is in your upper back
- Tingling or numbness
- Muscle spasms or weakness

The whole article can be read here

<http://www.nlm.nih.gov/medlineplus/ency/article/000442.htm>

And also to know more about spine surgery , please visit :

<http://cervicalspinesurgeon.com/services/herniated-disc-repair.html>

Music: