

Can a Pinched Nerve In my Neck Heal?

The short answer is yes in many instances. If, for example, the pinched nerve is due to a bulging disc, disc bulges tend to shrink over time. The symptoms (pain, numbness, tingling) associated with disc issue also tend to resolve in most people. There are few reasons why this may happen.

1. The disc material gets reabsorbed by the disc.
2. The disc material may dehydrate.
3. In response to inflammation the body creates little pac-man cells that eat the disc material.

NOTE: Your body has an incredible ability to heal itself. If you allow it to happen.

The goal of this video series is to help you allow your body to heal. We will educate you on how to create an environment which is conducive to healing.

What if your neck and arm pain is caused by degenerative changes in your spine often due to age resulting in a smaller opening for the nerve roots of the neck to pass through? The smaller hole causes increased pressure and irritation of the nerves. This may lead to spinal stenosis. Spinal stenosis cannot heal but any pain from the stenosis can certainly improve. Most people do not require surgery for cervical spinal stenosis.

If it is degenerative changes are causing your neck and arm pain, you still have a good chance to improve by eliminating the Pain Makers in your life and by trying flossing (see video [How to Perform Nerve Flossing Which Can Help Your Neck and Arm Pain?](#))