

Herniated Disc – Annika Sorenstam

Here is another article taken from Golf Digest. This one details the injury and recovery regarding a herniated disc affecting Annika Sorenstam's neck.

My injury: I had a badly herniated disc between the C5 and C6 vertebrae. I don't think that there was any specific trauma that caused the injury. Most likely it was the result of a quarter century of practicing and playing golf. (I also had a bulging thoracic disc.)

My Symptoms: My trainer, doctor, coach and caddie I grind so intensely and compete with such focus that I was able to block out the painful symptoms. I'd go to the fitness trainer on tour occasionally for a crick in my neck, but I always just thought of it as just one of those nagging things all professional golfers experience. The first concrete symptoms I had was numbness in my right arm. I started having trouble with feel and distance control with my irons, and I also began to notice some pain.

How I Found My Doctor: At the 2007 Ginn Championship, John Adams the fitness trainer referred me to Dr. Bruce Thomas in Melbourne, FL. After my MRI Thomas diagnosed the problem and told me I would be out of action for months. He then sent me to Dr. Green, a world renowned specialist in Miami FL and he confirmed the diagnosis.

What Happened: We discussed various treatments, including surgery, but decided to try a neck brace, anti-inflammatory medication and pain medication after my neck was stabilized. Dr. Thomas designed a rehab program that included ultrasound, stretching and band work four times per week for six weeks. It was painful and exhausting but ultimately successful.

Note: (The physical therapy staff at both Upper Perk and New Hope Physical Therapy can be a great resource in helping you find the best care possible for the treatment of spinal injuries.)