

Re: Recovery Time For A Pinched Nerve

Source: <http://sci.tech-archive.net/Archive/sci.med/2004-12/2565.html>

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It is too variable to put a time on it. Suffice to say, it doesn't happen by itself. You will need to work at it, and since you are afraid of falling, ask your physical therapist about a program of water exercises. Even if you do not swim this can be done with a float belt in the deep end of the pool. Zee

mekian2@msn.com wrote:

- > *About a month ago I developed a degenerative disc disorder,*
- > *specifically a pinched nerve. I have had physical therapy and*
- continue*
- > *to do some exercises at home.*
- >
- > *I have no other symptoms now except right leg weakness--that does not*
- > *go away. Makes me cautious walking to prevent falls.*
- >
- > *I am a senior citizen so assume recovery time would be extended.*
- > *How long does it usually take for this weakness to lessen?*
- > *Thanks*
- >
- > *Alton*