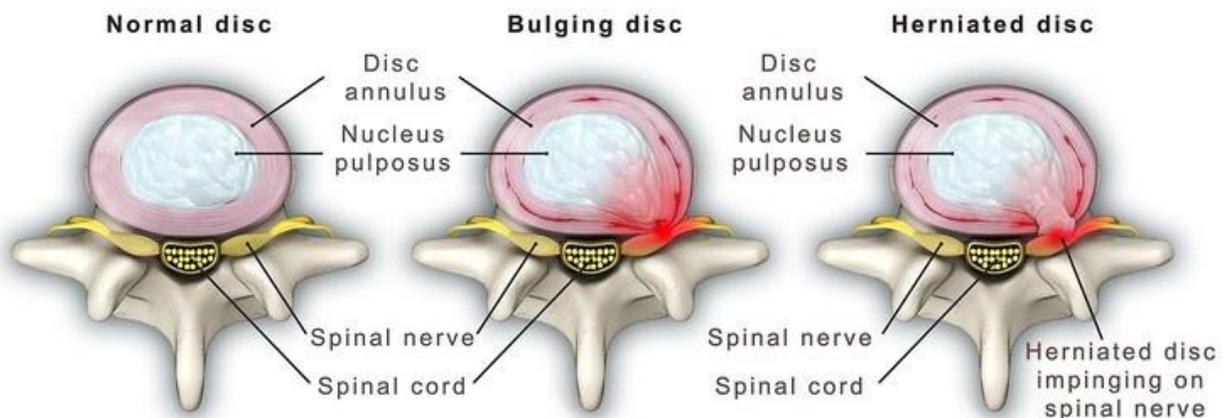


Disc Bulges and Herniations

In between each vertebral segment there is a disc. Basically made of a hard-outer shell filled with goo that absorbs shock when walking, bending or lifting (like a doughnut). Almost all healthy people have some type of disc bulge from repetitive use and faulty lifting methods but few cause pain. When enough microtrauma and strain have been placed on a specific disc the outer shell ruptures and some of the goo oozes out of its place into the spinal canal where large nerves live. As the goo enters the spinal canal the body creates an inflammatory cascade process to contain and reabsorb the disc material. This inflammatory process is usually what irritates the nerve and not actually the goo itself. The body will naturally tighten the muscles to protect the area and the surrounding nerves. After this inflammatory process begins, serious pain and muscle cramping can set in. Sometimes there is temporary loss of sensory or muscle function of the hand or foot depending on the location of the disc injury.



The goal: To catch disc problems early. When pain is addressed early before a serious disc bulge or herniation occurs, the problem can be addressed accordingly. Through proper care, pain and recovery time will be much less.

The good news: This is a specialty of chiropractic and if patient, these problems can usually be fixed through conservative measures.

