



AdvaCare Clinics: Slipped Disc Pain Relief with Chiropractic Care

A **spinal disc herniation** (*prolapsus disci intervertebralis*) is a medical condition affecting the spine due to trauma, lifting injuries, or idiopathic causes, in which a tear in the outer, fibrous ring (*annulus fibrosus*) of an inter-vertebral disc (*discus intervertebralis*) allows the soft, central portion (*nucleus pulposus*) to bulge out beyond the damaged outer rings. Tears are almost always postero-lateral in nature owing to the presence of the posterior longitudinal ligament in the spinal canal. This tear in the disc ring may result in the release of inflammatory chemical mediators which may directly cause severe pain, even in the absence of nerve root compression.

The condition is widely referred to as a *slipped disc*, but this term is not medically accurate as the spinal discs are fixed in position between the vertebrae and cannot in fact “slip”. Although they do not actually “slip,” a disc may move, split, or rupture. . If it presses on a nerve, it can cause back pain or sciatica.

Some of the terms commonly used to describe the condition include *herniated disc*, *prolapsed disc*, *ruptured disc* and *slipped disc*.

- **Herniation** – Disc wedging narrows nerve openings. Obvious symptoms may not be present.
- **Protrusion** – Like a blister, the disc bulges where it is the weakest, causing nerve pressure.
- **Prolapse** – With the cushioning and separating compromised by rupture, movement is painful.

The spongy, shock-absorbent inter-vertebral discs become protruded when the inner jelly-like substance of the disc pressures its thick outer wall, causing the wall to bulge outward.

Symptoms can be one or more of the following:

- Pain spreading over the buttocks, down the back of one thigh, and into the calf
- Pain may be in one leg (more common) or both legs
- Numbness, tingling, or weakness in the legs or feet
- Numbness, tingling, or weakness in one or both arms
- In severe cases, inability to find comfort even lying down
- Sudden aching or twisted neck that cannot be straightened without severe pain

- Bowel or bladder changes and/or numbness in the groin

The Chiropractic Approach To Slipped Disc Care

It is essential to recognize that most patients can and do recover very satisfactorily without resorting to surgical intervention.

Because surgery is extremely invasive, and because surgery is not always totally successful in correcting the problem, it would be wise to seek out the services of a doctor of chiropractic first. Before resorting to a surgical approach, it just makes good sense to try a more conservative procedure.

Chiropractic has been a natural solution helping people with a variety of disc problems. They will locate and correct areas of the spine interfering with the proper nervous system control of your body. Because the inter-vertebral discs are so close to the spinal cord and nerve roots, disc involvement is quite common in chiropractic cases.

After an initial consultation, the chiropractor will take x-rays and possibly an MRI to assess the severity of the bulging discs. He will then develop a program that involves the use of low-force techniques to manipulate the spine.

Chiropractic adjustments help to restore proper motion and position of malfunctioning spinal bones, reducing nervous system involvement. If caught before permanent damage, disc tissue often returns to a more normal size and shape by restoring proper motion and position of affected spinal joints.

If you are experiencing painful symptoms from a herniated disc please don't hesitate to call AdvaCare Clinic today at 952-835-6653 to schedule an appointment.

