



## **AdvaCare Clinics: Disc Pain Symptom Relief**

Discs are the cartilage pads that separate and cushion and help connect the vertebrae that make up your spinal column. These discs allow for spinal movement and flexibility. They serve as shock absorbers between each of the vertebrae and are constantly subjected to the pull of gravity and the torque from everyday movement. Disc problems are the result of “abnormal wear and tear” due to injury or reduced segmental movement, aging, or injury.

Disc function is greatly affected by the alignment of the spine. When your disc(s) bulge, are herniated, or simply wear out, the disc can press or pinch against a sensitive nerve, the result of which can be VERY painful.

Muscle weakness in one or both arms or legs is another symptom that is commonly associated with bulging spinal discs. This, too, is due to the pressure that is placed on the nerve structures of the spine. Individuals may experience a loss of strength and function in their extremities or even their neck and shoulders, depending on the location of the bulging disc. Activities such as walking, lifting or driving could be affected by increased weakness of the extremities.

### **Signs and symptoms of a herniated disc may include:**

- Pain in the back
- Tingling or numbness in the arm or leg
- Loss of bladder or bowel control  
(Seek medical assistance immediately if you experience this symptom, as it may be a sign of a serious condition)
- Muscle weakness in one arm or leg
- Pain in neck, shoulders and/or arm

Patients who are looking for non-surgical relief of pain from conditions such as “pinched nerves” or “herniated discs” or from a failed back or neck surgery often find relief with Spinal Decompression Therapy, Spinal Facet Injections, or Trigger Point Injections. Our injection based therapy is performed using a diagnostic ultrasound for pin point accuracy. In addition, patients suffering from pain due to bulging discs, sciatica, stenosis, facet syndrome, degenerative disc disease or extremity pain have been successfully treated using Spinal Decompression Therapy.

The Spinal Decompression Table is an FDA approved mechanical device that is designed to decompress spinal joints, principally the discs, sufficiently to create a

negative pressure that allows the displaced disc to reposition and improve fluid flow to the injured tissues. The improved fluid flow provides the nutrients for the disc to heal.

The patient lies on an FDA approved machine that allows the individual's joints to be separated sufficiently to achieve "negative disc pressure". This creates a small vacuum which allows fluid to reenter and hydrate the disc. One session typically lasts between 30 to 45 minutes.

In order to get a better idea of the nature of the disc problem, the process starts with a consultation. Once your doctor feels spinal decompression is appropriate, he proceeds to perform a complete history and thorough exam. Your specific treatment plan may vary and will be determined after your evaluation. Your Doctor may also recommend medication and/or physical therapy, exercise instruction, heat and muscle stimulation.

For anyone who is interested in finding out more, contact AdvaCare Clinic today at 952-835-6653.

