



# Disc Bulges/ Herniation

## SYMPTOMS:

- “ Pain – the severity and location of the pain depend upon which disc is herniated and how large the herniation is.
- “ Pain may spread over the buttocks, down the back of one thigh and into the calf
- “ Pain may be in one or both legs
- “ Numbness, tingling, or weakness in the legs or feet
- “ Bowel or bladder changes
- “ In severe cases inability to find comfort even lying down
- “ Inability to fully straighten your neck or back
- “ Numbness, tingling, or weakness in one or both arms

## Definition

*Between the vertebrae of your spine are 23 discs which act as a spacer and shock absorber. These discs have soft, gel-like centers surrounded by layers of fibrous tissues.*

*Sometimes, due to an injury or just aging, the material in the middle of a disc pushes to one side or even ruptures. This is called a bulging or herniated disc.*

*Where it occurs: Bulging or herniated discs can appear in the Neck (Cervical Spine), Low Back (Lumbar Spine) and Middle and Upper Back (Thoracic Spine).*

*The following strategies may help you reduce your chance of having a herniated disk: Chiropractic Adjustments. Practice good posture – standing and sitting straight, keeping your back straight when lifting. Maintain a healthy weight. Exercise regularly. Ask your chiropractor about exercises to strengthen your back and stomach. Don't wear high-heeled shoes. If you sit, get out of your chair every 20 to 30 minutes and walk for several minutes.*

## MENT

Chiropractic care works on correcting misaligned or out of place vertebrae and can remove the pressure placed on the nerve endings that line the surface of the joint and course through the space between the joints, reducing pain and improving flexibility and function. To see if chiropractic may be able to help you call 719-687-1881 today for a complimentary consultation.

Teller County Chiropractic

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