

SLIPPED DISC

Struggling with Persistent Back Pain?

You could be dealing with a slipped disc. Also known as a herniated disc or disc protrusion. This common condition occurs when one of the discs between your spine's vertebrae ruptures or bulges. This can lead to pain, numbness or weakness in the back, neck, arms or legs, depending on the location of the affected disc.

WHY CHECK FOR A SLIPPED DISC?



Early Detection, Better Treatment

Identifying a slipped disc early allows for prompt treatment, which can prevent worsening symptoms and potential complications.

Pain Relief

Addressing a slipped disc can alleviate chronic pain that limits your ability to work, exercise or enjoy daily activities.

Restore Mobility

Effective treatment can help restore mobility and improve your overall quality of life.

SYMPTOMS

In Your Lower Back

- Sciatica (Sciatic nerve pain)
- Back pain
- Tingling or numbness in your legs and / or feet
- Muscle weakness

In Your Neck

- Pain near or between your shoulder blades
- Pain that travels to your shoulder, arm and sometimes your hand and fingers
- Neck pain, especially in the back and on the sides of your neck
- Pain that increases when bending or turning your neck
- Numbness or tingling in your arms



Causes

- ◆ Age
- ◆ Traumatic injuries, like falls
- ◆ Repetitive bending or twisting motions
- ◆ Improper lifting of heavy objects



Are You at Risk?

- ◆ Ages 30 - 50
- ◆ Smoking
- ◆ Sitting for long periods in the same position
- ◆ Being overweight or obese
- ◆ Having diabetes
- ◆ Having a connective tissue disorder



TO MAKE AN APPOINTMENT, PLEASE CONTACT US AT

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