

Fast Facts

Herniated Disc

- Another name is ruptured disc
- Is when a cushion between the spinal vertebrae has a problem
- Spinal disc has a soft, jellylike center (nucleus) inside a more rigid, rubbery exterior (annulus)
 - Herniated discs occur when some of the inside pushes out through a tear in the surface, usually puts pressure on the nearby nerve
 - Can happen in any part of the spine
 - Typically caused by disc degeneration
- Certain things can increase your chances of having a herniated disc, such as being overweight, having a job that requires repetitive lifting/pulling/pushing/bending/twisting, have a family history of herniated discs, and smoking

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p>-Symptoms depend on location</p> <p><i>Lower Back:</i></p> <ul style="list-style-type: none"> -Pain in buttocks, thigh, and calf -Sometimes, pain in part of your foot <p><i>Neck:</i></p> <ul style="list-style-type: none"> -Pain in shoulder and arm <p><i>Both:</i></p> <ul style="list-style-type: none"> -Pain is often described as sharp or burning, and it might shoot into your arm or leg when you cough, sneeze or move into certain positions -Numbness/tingling/weakness in the body part served by the affected nerves. <p>-Note: Some people don't have any symptoms</p>	<p><i>Initial:</i></p> <ul style="list-style-type: none"> -Modify activities to avoid movements that cause pain. -Over-the-counter pain medications (ex. acetaminophen, ibuprofen, or naproxen) -Heat and cold therapy -Avoid too much bed rest <p><i>No Relief at Initial Treatment:</i></p> <ul style="list-style-type: none"> -Muscle relaxants -Cortisone injections -Physical therapy <p><i>Severe Pain with No Relief:</i></p> <ul style="list-style-type: none"> -Surgery 	<ul style="list-style-type: none"> -Regular exercise -Maintain good posture -Maintain a healthy weight -Avoid smoking

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