

Chiropractic & disc problems - A disc doesn't "slip"

Since spinal discs have a very poor blood supply, they also depend upon the circulation of joint fluids to bring in nutrients and expel waste. If a spinal joint loses its normal motion and this pumping action is impaired, the health of the disc deteriorates. Like a wet sponge, a healthy disc is flexible. A dry sponge is hard, stiff, and can crack easily. This is how many disc problems begin.

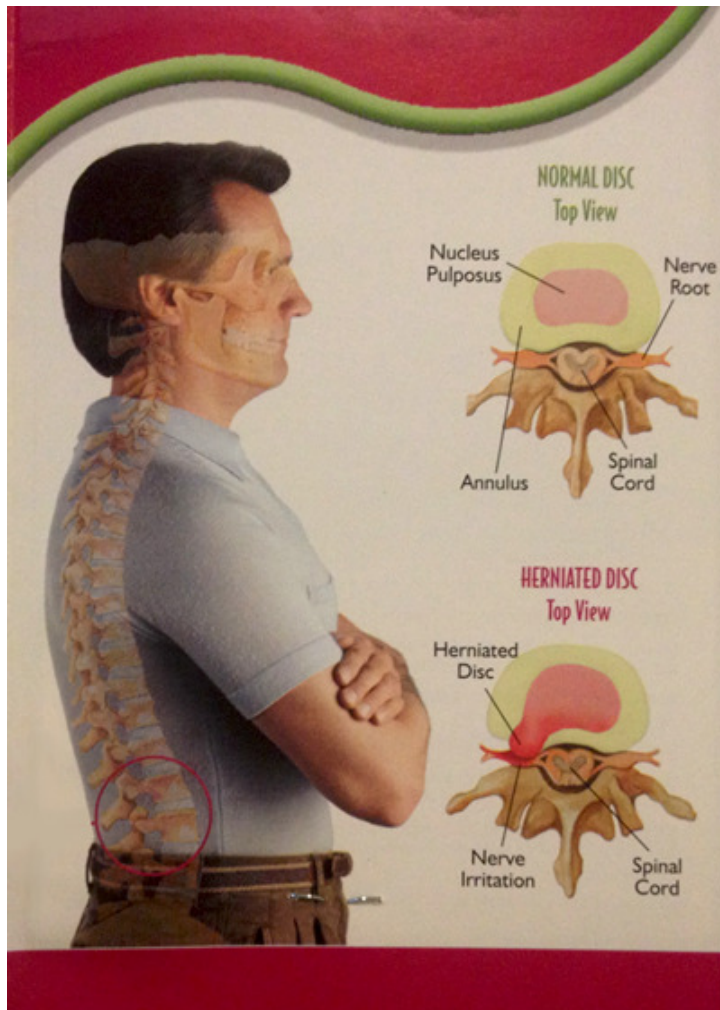


Because of the way each disc is attached to the vertebra above and below it, a disc cannot "slip" as commonly thought. However, trauma or injury to the spine can cause discs to bulge, herniate, or worse, rupture. This can be quite painful, putting pressure on the spinal cord and the nerve roots, often interfering with their function.

The chiropractic approach to disc problems is to help restore better motion and position to the spinal joints. Besides reducing disc bulging, better spinal function helps decrease inflammation so the slow process of healing the surrounding soft tissues can begin.

While results cannot be guaranteed, many patients have avoided needless surgery or a dependency on pain pills by choosing conservative chiropractic care.

The traditional approach to disc problems often ignores spinal function. Conservative chiropractic care is safer and often more effective than back surgery.



Because discs are attached to vertebrae, they don't slip, but they do tear, herniated, prolapse and desiccate.

Disc tear

The most common disc injury is a small crack or microtear in the tough, other cartilage material of the disc called annular fibers. This allows the fluid to start leaking out, and the disc begins to wear thin.

Bulging disc

The soft jelly-like material in the middle of the disc pushes to one side, forward or backward, and swelling occurs. The nucleus is still contained within the tough other fibers of the disc, but can still cause pressure and painful symptoms.

Herniated disc

The soft jelly-like material from the nucleus in the middle of the disc ruptures through the tough, other fibers and extends to the other edge or beyond the normal limits of the disc.

Prolapsed disc

A piece of disc material separates away and becomes a fragment or a free-floating piece.

Dessicated disc

The disc loses its fluid content and degenerates down to a rough, worn-down or worn out appearance. This occurs as the bones begin to fuse each other.

Are you in back pain and want help? Wait no longer! Book your appointment with Dr. Adam Nachmias today.

Call our offices in:

Manhattan office, call: 212-924-1700

Brooklyn office, call: 718-832-7300

Welcome to start your journey to a pain free life!