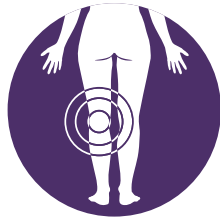


ALL ABOUT HERNIATED DISCS



A disc herniation in the neck will typically cause pain to radiate down the arm or into the shoulder.



A disc herniation in the lower back will result in more intense pain radiating to your buttocks, thigh, calf or even to the foot and toes.



Individuals with a herniated disc will often describe feelings of burning, numbness or tingling in the region of the body served by the affected nerves.



A herniated disc can often cause the affected nerves to malfunction. This may result in muscle weakness.



Sneezing, coughing or laughing can increase herniated disc pain.

WHAT CAN BE AFFECTED BY BACK PAIN?



Sleep



Family Time



Work



Exercise



Recreation

RISK FACTORS FOR HERNIATED DISCS



Tobacco abuse, which deprives discs of critical oxygen, may lead to early onset disc herniation.



If you are overweight, your bones, joints and spinal discs are under extra stress.



If your occupation requires repetitive lifting, bending, twisting, pushing or pulling, you may be at an increased risk of developing a herniated disc.



Individuals who are between the ages of 35 and 45 are at risk for a herniated disc. Age-related degeneration of spinal discs is the major contributing factor to increased risk.

DID YOU KNOW?



90% of herniated discs will heal on their own in 6 months.

While you wait for your body to heal, the pain associated with a herniated disc can be treated separately by a trained pain physician.