

| <u>Causes</u> | <u>Symptoms</u> | <u>Treatment</u> | <u>Determining Diagnosis</u> |
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| Degeneration Abnormal Posture Trauma (MVC, Falls, etc) Increase in forces at joint Heavy Labor Excessive Use Obesity, etc. | pain, numbness, tingling that travels into arms or legs, numbness, tingling, burning, weakness and/or loss of reflexes in upper extremity(s) | Chiropractic treatment of herniation involves postural correction, massage, manipulation of the affected area. Strengthen spinal stability musculature. Injections and possible surgery if severely alters function | physical exam and collection of health history. In addition you will be asked to share the timeline and triggers of your pain and discomfort. Diagnostic imaging (MRI) is the gold standard for definitive diagnosis. |

CERVICAL DISC HERNIATION



A disc herniation is displacement of disc material beyond the normal confines of the disc space. The terms disc protrusion, disc bulge, disc herniation, ruptured disc, and slipped disc all mean the same thing and imply that disc material has left the normal disc space. If disc material herniates, or squeezes out, this can put pressure on the spinal cord or spinal nerves. This can cause severe pain in the path of the nerve being pinched. Pressure against the nerve root from a herniated disc can cause numbness and weakness along the nerve. When the nerve root is inflamed, the added pressure may also cause vague, deep pain and/or cause sharp, shooting pain to radiate along the pathway of the nerve. A herniated disc may occur when too much force is exerted on an otherwise healthy intervertebral disc. Heavy forces on the neck or low back may simply be too much for even a healthy disc to absorb. For example, falling from a significant height causes a large amount of force through the spine and if strong enough, a vertebra can break or disc can rupture. Bending can also place high

forces on the discs between each vertebra. If you bend and try to lift a heavy object, the force can cause a disc to rupture. A disc can also rupture after repeated [annular tears](#) that weaken the disc over time. At some point lifting or bending can cause too much pressure across the disc. This activity may have been only a little force and something that years earlier would never had been a problem. This is due to the effects of aging and degeneration on the spine. The natural process of aging causes discs to become weakened from degeneration. Not everyone with a herniated disc has degenerative problems and not everyone with degeneration will suffer from a herniated disc. 25% of Whiplash victims get herniated discs, 20% have herniated discs with radicular symptoms.

