

Disc

Do I Have A "Slipped Disc"?

The intervertebral disc is a special type of cartilage that connects and cushions the 24 bones of your spinal column. Each disc attaches to the vertebra above and below it. This provides the proper spacing for pairs of nerve roots to exit the spine from between each joint. A disc can thin, wedge, bulge, protrude, tear or herniate, but it **doesn't slip!** Chiropractic care can help.

Each disc contains a soft jellylike center connected by layers of fibrous tissue. Each of the discs acts as a connector, spacer, and shock absorber of the spine. Healthy discs give you flexibility, allowing normal turning and bending. This movement produces a pumping action that supplies proper disc nutrition and waste removal. If the spinal joint loses its normal motion and this pumping becomes impaired, the health of the disc deteriorates.

Trauma, improper lifting, and other injuries can cause the soft, pulpy center of the disc to bulge or rupture through the disc wall, like eating a jelly-filled donut. Trauma produces the most common form of disc injury.

Spinal misalignments can cause disc tissue to adapt into a wedge-like shape. This is the earliest stage of disc damage. While this position can encroach upon adjacent nerve tissue, pain or other obvious symptoms may not be present. Even before symptoms appear, chiropractic care can be helpful.

Like a blister, disc tissue can bulge. As the soft nucleus of the disc is compressed, it pushes outward where the disc wall is weakest. This distortion can produce obvious symptoms (i.e. sciatica) as it affects nearby nerves. Muscles tighten to protect and splint the joint. Chiropractic care has been known to help.

The most extreme form of disc damage is when the disc ruptures, leaking its contents into surrounding tissues. With its cushioning and separating functions gone, movement is painful and surgical intervention is often involved.

Uncorrected, long-standing vertebral subluxations can make discs susceptible to damage. "I didn't do a thing" or "I just bent over to tie my shoes" are comments we often hear.

How does chiropractic care help disc problems?

The purpose of chiropractic care is to locate and correct areas of the spine that interfere with the proper nervous system control of your body. Chiropractic adjustments help restore proper motion and position of malfunctioning spinal bones, reducing nervous system involvement. Besides reducing disc bulging, better spinal function helps reduce inflammation and begin the slow process of healing the surrounding tissue. If caught before permanent damage occurs, disc tissue often returns to a more normal size and shape.

Aren't disc problems simply part of the normal aging process?

No. However, many disc problems are the result of years of neglect. Many spinal problems are nonsymptomatic until the advanced stages of degeneration. Many elderly patients who have maintained their spines throughout their lives continue to enjoy excellent spinal health and function.

Safe and Natural

Chiropractic is a team approach to better health. As you enjoy results, tell those you love. Explain how millions enjoy relief and better health by restoring the integrity of their spine and nervous system with safe and natural chiropractic care.



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Sciatica

The Sciatic Nerve is the largest nerve of the body, the nerve is formed by four or five nerves branching off each side of the spinal cord and running down the back of each leg. When this nerve is irritated or affected by inflammation of nearby soft tissue, it is referred to as sciatica. This can be a distracting pain that starts in the lower back and extends down into one or both legs. Chiropractic care has proven to be quite helpful.

Those suffering from sciatica are often in their 40s and 50s. It usually begins as an acute pain in the lower back and then extends down the back of either leg. The pain usually worsens with long periods of sitting or standing.

One of the most common causes of sciatic leg pain is the Vertebral Subluxation Complex. The soft, pulpy disc between each spinal bone is often involved. While a disc can't "slip," it can bulge, herniate or rupture. This can put direct pressure on the nearby nerves. The result? Swelling. Inflammation. Pain when coughing, sneezing or with other kinds of movement, and intense pain shooting down one or both legs.

Sciatica often worsens with extended bed rest. Pain pills or muscle relaxers are unable to correct the nerve compression caused by the bulging disc. Physical therapy merely works the area to increase your tolerance to pain. Surgery often involves cutting away disc tissue or removing bone to make room for the nerve.

Fortunately, sciatica often responds to safe, natural chiropractic care.

Improving joint motion with a series of chiropractic adjustments has produced results for millions. "Before" and "after" images of the lower back often show improved disc height and spacing. Many patients report that they can resume their lives and that their symptoms disappear. Without resorting to drugs or surgery.

Your chiropractic doctor is uniquely skilled to evaluate and reduce the most common cause of sciatica nerve pain. It's the natural approach to relief and better health. There is hope!

How do you get sciatica?

It's easy to trace some spinal problems to an event, such as a car accident. Yet, sciatica is often the result of cumulative damage. Years of bad posture, poor muscle tone, excess weight or countless other causes set the stage. Then, something simple like bending over to tie your shoes can trigger an episode.

Can anything else cause sciatica?

Spinal decay can be another culprit. Instead of disc thinning that puts pressure on the sciatic nerve roots, arthritic bone spurs can intrude into the space normally reserved for the nerve.

Can chiropractic cure sciatica?

Actually, chiropractic doesn't cure anything! Only your body can do that. The chiropractic approach to sciatica (and other health problems) is to help restore the way your spine works, reducing nerve irritation and revitalizing your own healing ability.

How long will I need chiropractic care?

Most sciatica patients are delighted with the results they get after weeks or months of care. Naturally, this varies from patient to patient. After a relapse or two, many discover that years of neglect have produced spinal instabilities that never fully heal. These patients elect to continue with periodic chiropractic checkups. It's up to you.

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