

Why Does My Back Hurt?



Disc bulges and herniations are quite common in our population. People from adolescence through adulthood are susceptible to having them. You have discs up and down your entire spine, meaning in the neck, upper and middle back, lower back, and tail bone regions.

Your discs help to allow for motion and proper function of your spine. Picture your disc as a slice of an onion. Imagine the inner 1/3 containing a jelly and the other 2/3 as being cartilage, not unlike the meniscus of your knee.

Over time and due to certain traumas, both macro (big) and micro (small), the jelly begins to break through your onion 'rings' of the outer 2/3 of the onion.

Sooner or later the jelly inside gets to the outer few layers and forces a 'bulge' of the cartilage.

This is what is commonly considered to be a disc bulge. If a bulge is left untreated, it will most often lead to the jelly breaking through the last few layers and leaking into the spinal canal. This is what we call a herniation. If the herniation breaks off, this is called a prolapse.

Disc bulges and herniations are many times successfully treated through conservative measures. Unfortunately, disc prolapses (the broken off pieces) can often times put pressure directly on your sensitive spinal cord, and since there is nothing binding them to the rest of the disc, surgery is many times the only option. Luckily, disc prolapses are the end-stage of disc degeneration and a lot can be done **prior** to getting to this horrible condition.

Tingling (paresthesia, or reduction of sensation) and numbing (anesthesia, or loss of sensation) are common effects of disc bulges and herniations. This is because the disc can **directly put pressure on YOUR spinal cord** or your nerve roots where they exit from your spine. If the pressure is NOT reduced, permanent nerve damage can result.

Simply put, there are no other conservative techniques available that offer the scientific backing for success for the treatment of disc pathology like chiropractic at this office offers!

In the case of burning pain, or radicular pain, the cause is usually irritation of your nerve sheaths, which are the coverings around your sensitive nerves. Irritation like this refers to toxin release from damaged discs, muscles, ligaments, joints, etc. that creates an inflammatory process that engulfs your nerves. This inflammatory process creates pain and dysfunction, which you call symptoms. Call to schedule an appointment today. Don't wait. Remember permanent nerve damage can result from this if you do not attend to it as soon as possible.

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