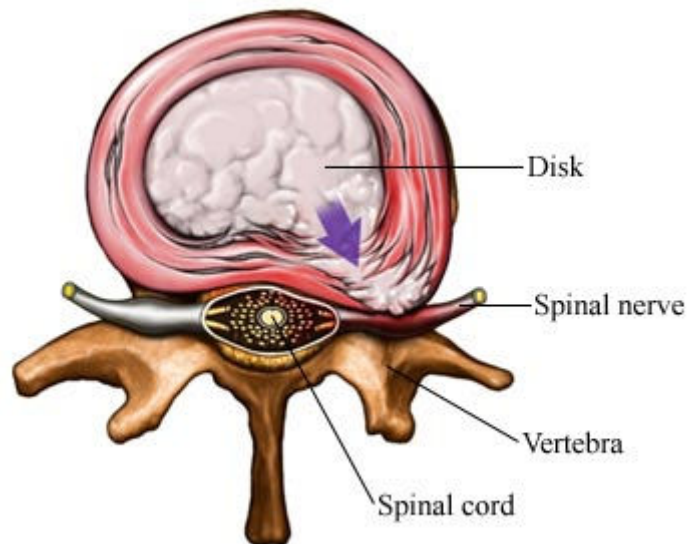


Herniated Disc

The spinal column is made up of bones also known as vertebrae separated by Intervertebral Discs. The Intervertebral Discs themselves are made up of an inner jelly material and an outer fibrous material. Their function is to absorb shock with weight-bearing activities. A herniation occurs when the inner jelly material leaks out into the outer region of the Disc or into the spinal canal. When the disc material leaks into the spinal canal and presses against a spinal nerve it causes numbness, tingling, or pain in your extremities and is termed “Sciatica.” Individuals between 35 to 45 years of age are more prone to disc injuries.

- Anatomy



- Mechanism of Injury

- Extreme spinal flexion or twisting motions
- Repetitive motions in poor posture
- Lifting heavy objects with improper mechanics
- Disc degeneration
- Prolonged wear of tissues

- Treatment

- Manual Therapy to musculature surrounding herniated level
- Joint Mobilizations to surrounding levels for mobility
- Posture/Body Mechanics Re-education to improve loading stress on Intervertebral Discs
- Therapeutic Exercise/Pilates focusing on lumbar stability by strengthening the abdominal, hip, and lower extremity musculature
- Ice and Electric Muscle Stimulation to reduce inflammation
- Home Exercise Program for core stability