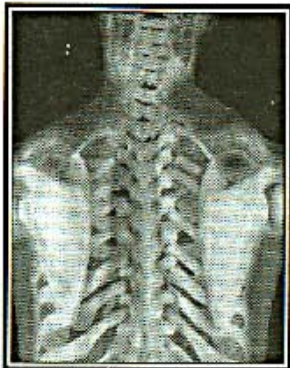


# DISC PROBLEMS & CHIROPRACTIC



The spine is designed to withstand a great deal of stress and abuse. However, falls, violent sneezes in awkward positions, or repetitive improper lifting techniques can and do pull vertebrae out of their proper positions. This can cause the discs under the greatest strain to tear and bulge. This also causes nerve compression and vertebral joint irritation.

The purpose of the disc is to act as a shock absorber, to allow movement between the vertebrae for bending and twisting, and to act as a spacer. Without the disc, the bones of the spine would painfully grind against each other compressing the nerve. The shock absorbing capacity of the disc is very important for the health of the spine.

There are 24 discs. These are like rubber spacers in the spine. They are located between bodies of the vertebrae and are made up of a tough fiber cartilage that is several layers thick. The center of the disc is filled with a dense jelly-like substance called the nucleus. The disc is surrounded by broad bands of ligaments that attach to the vertebrae and to the disc. Ligaments hold bones and joints tightly together while still allowing some movement.

As we grow older, the spine starts to show the stress and abuse that we have put on it in our lifetime. The fibers of the disc weaken and the ability to absorb shock is greatly reduced.

A disc prolapse happens when the gelatinous center of the disc leaks out of the confinement of the disc. This is due to a complete tearing of the fibers from the center out to the outermost layers of the disc. A disc prolapse is very serious and painful. While this condition is very serious, it can still be treated effectively with chiropractic care.

Doctors of chiropractic specialize in the evaluation and nonsurgical, drug free treatment of structural imbalances in the body. Special emphasis is put on the spine and its effect on the nervous system.

## CHIROPRACTIC CARE FOR DISC PROBLEMS

Specialized chiropractic techniques in disc care include:

1. Thorough chiropractic examination to determine extent and cause.
2. Realigning the spinal column and relieving nerve pressure.
3. Balancing the spine and pelvis.
4. Eliminating fixations.
5. Reducing vertebral subluxations.
6. Stimulating disc nutrition.
7. Revitalizing ligaments and muscles.

Chiropractic techniques may be employed in the management of disc problems. Any person suffering from acute or chronic back pain should see a doctor of chiropractic to determine the cause of the pain and what should be done about it. A doctor of chiropractic knows disc problems and can help you.