

Herniated Disc

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Caring. Experience.
Integrity.
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Definition

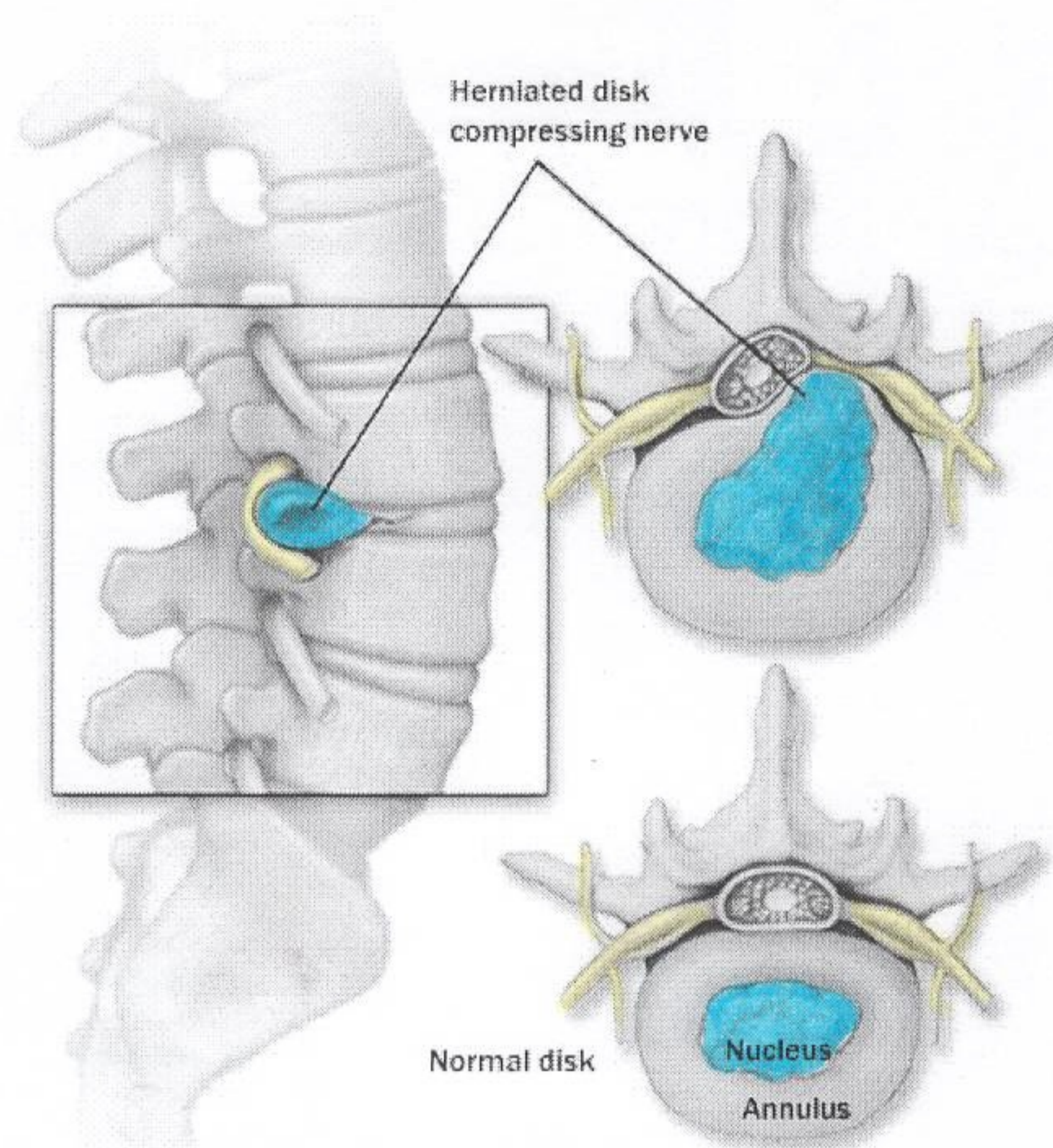
A herniated disc occurs when the inner part of the cushions between the bones in your spine (discs) squeeze through a crack in the tougher outer portion (think of a jelly donut). This can irritate nerves causing numbness, tingling, pain, and/or weakness in the leg or arm depending on where it is occurring. Not everyone experiences symptoms. Some people need surgery, physical therapy, or medicine. Other people will never know they have one! Physical therapy uses exercise, stretching, and pain relief modalities to decrease pain and return patients to normal functioning.

Causes

Herniated discs usually occur over time from natural wear and tear on your back. The cushions (discs) in your back are able to absorb less over time and are more easily torn. Lifting heavy objects, straining, and/or twisting can cause a herniated disc. It is rare to occur after a traumatic incident like a fall.

Risk Factors

- **Middle age**- People ages 35-45 are most likely to suffer from this condition.
- Being **overweight** puts unnecessary strain on the back/discs
- **Occupation**—people that perform repetitive pushing, pulling, lifting, twisting, bending are at a higher risk.



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Emergency Situations

In rare occasions, disc herniations can cause emergency situations.

- Worsening symptoms—this is a serious problem when they prevent you from performing your normal daily activities.
- Bladder or bowel dysfunction—becoming incontinent or unable to void a full bladder requires immediate attention
- Saddle Anesthesia—numbness in the area of your legs that would touch a saddle while riding a horse → inside of thighs, back of legs, and are of the rectum.