

## **What Is A Slipped –Disc?**

“Slipped- disc” is a term many people use to describe a low back problem. The truth is that most problems are not directly caused by the disc at all.

Discs are pads that are located in between each of the 24 vertebrae of the spine and are made up of mostly fluid. Walking, running, jogging, falls and auto accidents are some of the things that jar and jolt the body. Discs, along with the normal spinal curve, work as shock absorbers to diffuse the impact and protect the spinal cord and nerves.

The discs are firmly anchored into the vertebrae above and below. While a disc may wedge or bulge depending upon the alignment of the spine, unless there has been a tremendous trauma, the disc will remain attached.

Your back problems will be unique, but your symptoms will be similar to thousands of others. A chiropractic analysis and diagnosis will locate the real cause of your back problem and eliminate the symptoms it produces.

If a problem with the disc does occur we have several methods to treat a disc problem including “decompression therapy”. If you have any questions concerning your spine or chiropractic care please contact me.