

Slipped Disc

A disc can't slip. But it can wedge, bulge, protrude and herniate. **Sampson Chiropractic** can help.

Space for Nerves

The disc is a special cartilage between the bones of your spinal column. It attaches to the vertebra above and below it. This creates the separation between spinal bones so pairs of nerves can exit the spine.

Turning and Bending

Each spinal disc has a jelly-like "ball bearing" core that is contained by bands of fibrous tissue. Healthy discs give you flexibility for normal turning and bending. Improper lifting, slips, falls and car accidents can cause the core to shift:

Herniation - disc wedging narrows nerve openings. Obvious symptoms may not be present.

Protrusion - like a blister, the disc bulges where it is the weakest, causing nerve pressure.

Prolapse - with the cushioning and separating compromised by rupture, movement is painful.

Chiropractic First

Chiropractic has been a natural solution helping millions with a variety of disc problems. Give Sampson Chiropractic a try before you decide on a more aggressive treatment.

Frequently Asked Questions:

How does Chiropractic help disc problems?

Aren't disc problems simply the normal aging process?

I didn't do anything so how can a disc be involved?