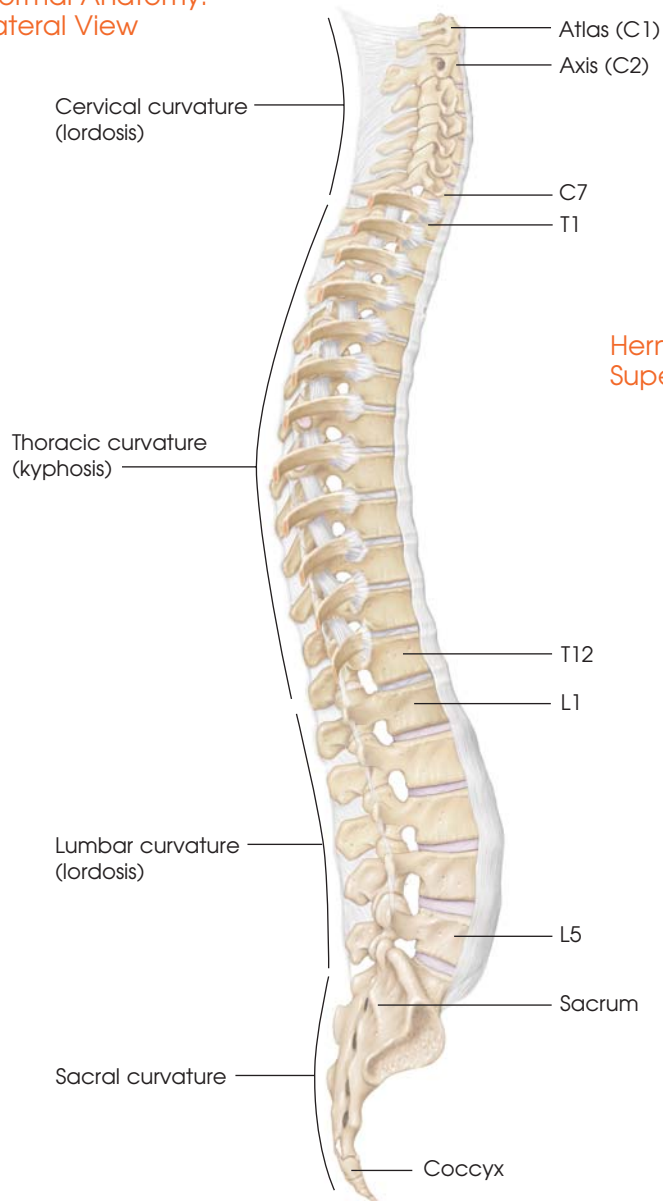
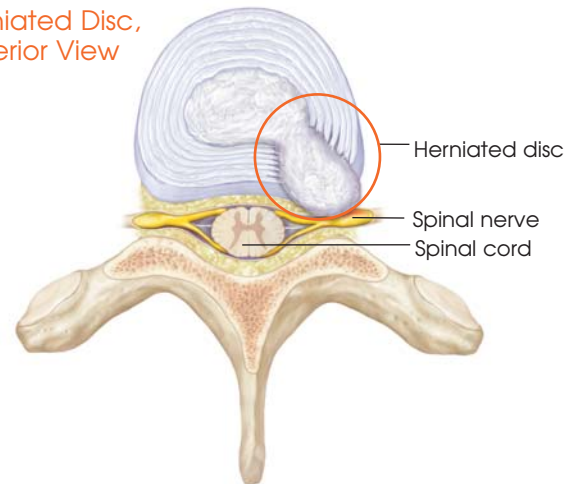


# Herniated Disc

## Normal Anatomy: Lateral View



## Herniated Disc, Superior View



The discs in between the bones of the vertebrae allow the spine to bend and serve as cushions and shock absorbers. A **herniated disc** is a disc that has broken or bulged out from its normal place and can press on nearby nerves and cause pain. This condition can be caused by a disc weakened by age, excessive body weight, smoking or by sudden trauma such as a fall, strenuous lifting or twisting. Location of the herniated disc determines where the symptoms are felt, which can include back or neck pain and numbness or weakness in the leg or arm.

## Common Treatment Options

- Rest.
- Apply hot or cold packs to the area.
- Take anti-inflammatory medications and/or muscle relaxants as prescribed by your doctor.
- Get a massage or attend physical therapy.
- Keep the area (neck or back) immobilized with a brace or traction.

Notes:

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Contact information