

April 2018

BULGING DISC OR HERNIATED DISC?

What's the difference and how is it treated?

Both can cause pain but they are different. Discs are there to cushion the bony vertebrae in your spine. They're made of cartilage that's soft on the inside and tough on the outside. The softer center nestles the vertebrae of your spine.

A bulging disc is a condition in which the outer layer of the disc bulges out, usually all the way around.

A herniated disc is the result of a crack in the outer layer, which allows the softer inner layer to protrude out of the disc. This is also called a slipped disc or ruptured disc. A herniated disc is more likely to cause pain. It can irritate or inflame root nerves.

A bulging disc can become a herniated disc, so it's important to treat a bulging disc right away.

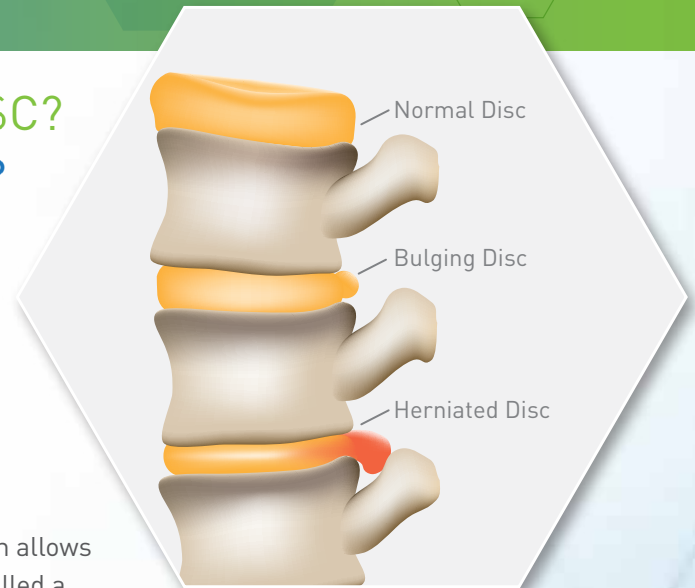
Diagnosing the Condition

We have various ways to see if your pain is caused by a bulging or herniated disc. We can go through all of your symptoms, perform non-invasive exams, analyze your medical history, and/or request an MRI.

Treatment of Bulging or Herniated Discs

At Synergy, we always seek the least invasive, most effective treatment that fits your lifestyle. We avoid medications, other than for short term pain relief, as they do not address the root cause. Instead, we would look into fitting a back brace, administering injections, epidurals, or a therapeutic discogram to get you out of pain. If pain persists, we may turn to a spinal cord stimulator or do a surgical referral. When pain subsides, we turn to our team of physical therapists and chiropractors to heal your disc and keep you out of pain permanently. Our physical therapist and chiropractic team work to adjust, stretch, and strengthen your body in various ways to successfully get your disc back in its correct place.

With the combination of pain management, chiropractic care, and physical therapy, Synergy is the perfect practice to heal your herniated or bulging disc.



MEET OUR TEAM MEMBER

Sara Townsend, Physical Therapist



We are very pleased to have Sara Townsend as a member of our Synergy Team, one of our life-changing physical therapists. She works with our patients on functional limitations and helps improve their ability to perform daily activities and become more mobile with less pain.

Sara is Graston trained and is certified in Functional Capacity examinations. She received her Doctorate of Physical Therapy from Maryville University.

“Regardless of what school, classes, and research tell you, sometimes listening to the patient gives you the answers for proper treatment,” explained Townsend. “The patient knows exactly how they feel and what their biggest areas of deficits are. Once you listen to the patient, you can come up with the proper plan of care.”

Sara Townsend performs these physical therapies at Synergy:

- Zero gravity ambulation
- Instrument assisted soft tissue mobilization
- Spinal Decompression
- Infrared Laser
- Dry cupping
- Taping for muscular facilitation, support, and inhibition AKA Rock Tape

START HEALING NOW

The Synergy Solution brings together the best thinking from multiple disciplines. Instead of having one professional diagnose and treat your pain, you have a team of specialists, focusing on your unique condition, and working together to develop the best possible solution.

HEAD

Migraine Headaches
Tension Headaches

NECK

Acute Injuries
Arthritic Pain
Car Accident
Disc Bulge/Herniation
Disc Degeneration
Torticollis
Whiplash

SHOULDER

Sports Injuries
Rotator Cuff Strains & Tears
Bursitis
Labral Injuries

ELBOW

Epicondylitis

WRIST

Carpal Tunnel Syndrome
Arthritic Joints

LOW BACK

Compression Fractures
Disc Degeneration
Disc Bulge/Herniation
Sprain/Strain
Sciatica
Facet Joints

HIP

SI Joint Pain
Bursitis
Sports Injuries
Labral Injuries

KNEE

Sports Injuries
Osteoarthritis
Tendon & Ligament Injuries
Meniscus/Ligament Injuries

FOOT

Planters Fasciitis



syn·er·gy
healthcare solutions, llc