

Herniated disk definition

I'm not robot!



Herniated Discs

Herniated discs affect individuals all throughout the United States each year. They can be painful and make it hard to stand. Even be completely debilitating for some. Although herniated discs are a fairly common back problem, they are widely misunderstood by many.

CAUSES

- Back injury
- Aging (discs become dry & less resilient over time)
- Spinal pressure (weight gain, pregnancy)

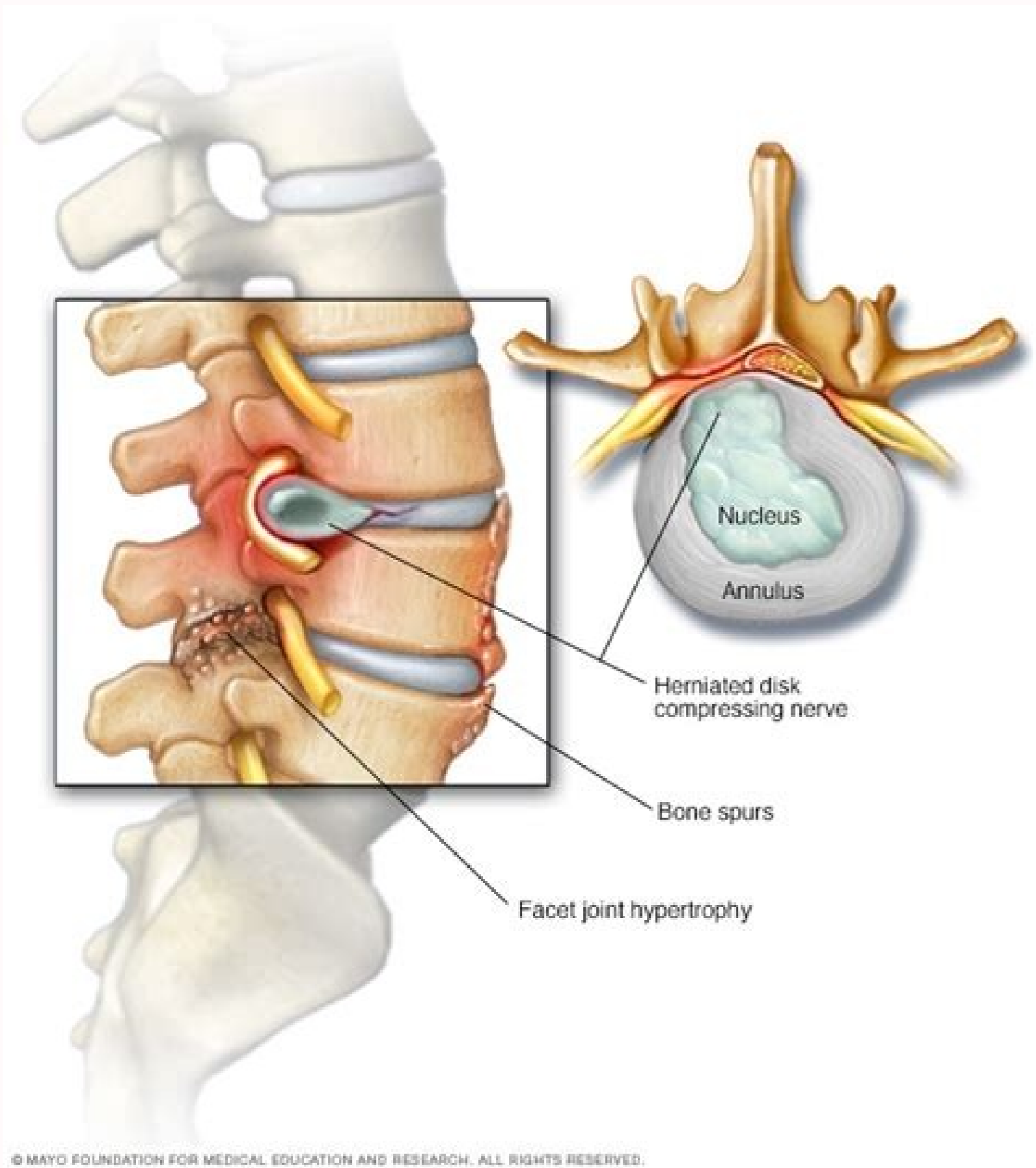
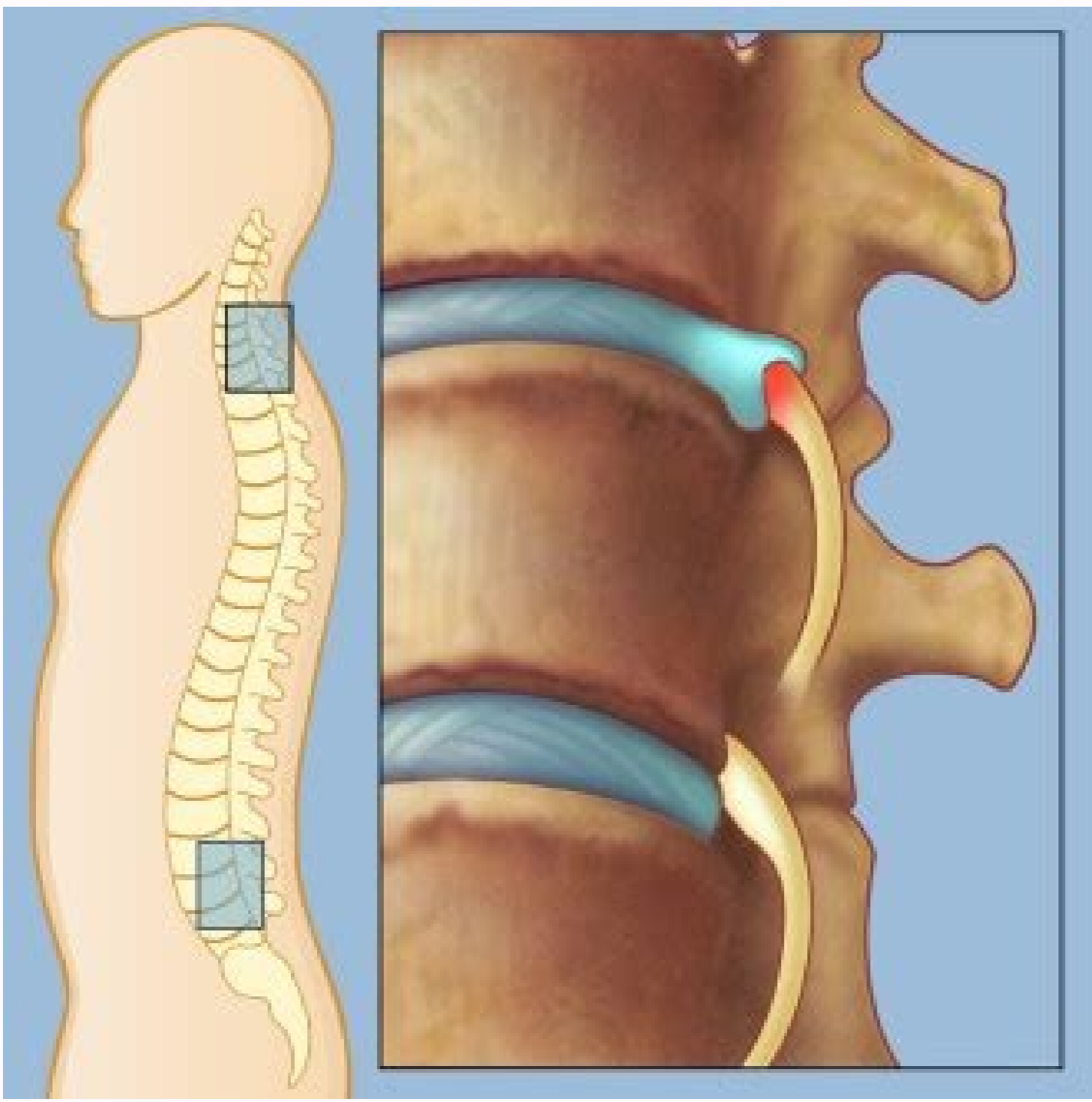
SYMPTOMS

- Lower back pain
- Pinching or tingling
- Pain that radiates down one leg
- Weakness in the legs

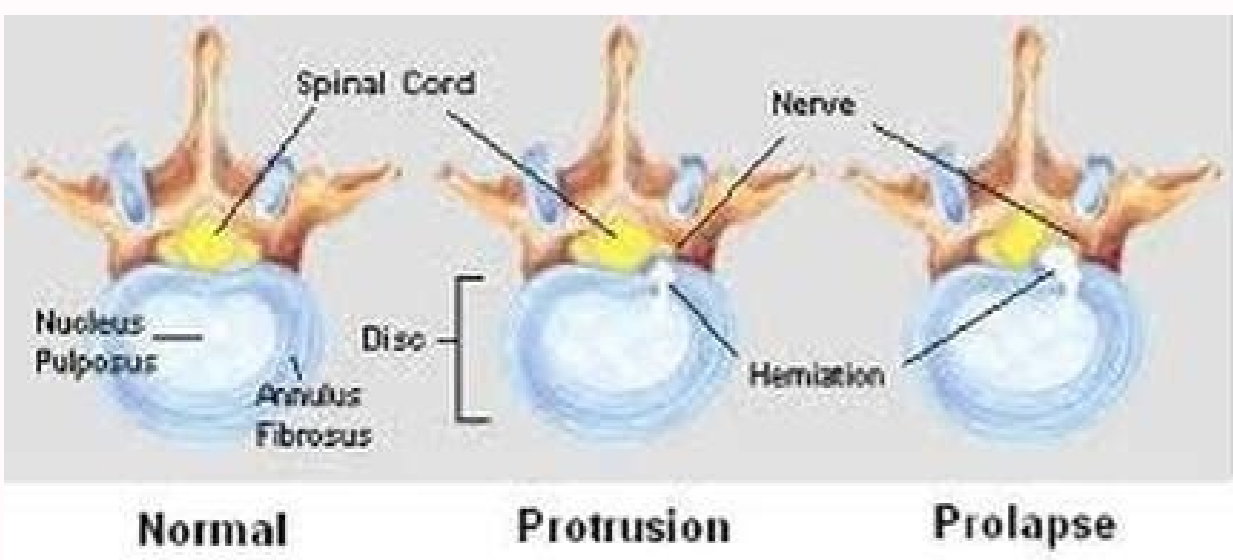
TREATMENTS

- Rest
- Physical therapy
- Injections
- Surgery

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For the majority of the patients, a herniated lumbar disk will improve slowly during a period of several days to weeks. In general, the majority of patients are free of symptoms of 3 to 4 months. However, some patients experience episodes of pain during their recovery. The initial treatment for a herniated disk is usually non-surgical. Non-surgical treatment can include: rest. From one to 2 days of bed in bed will generally help relieve back and legs. However, do not keep your feet for more time. When the activity resumes, try to do the following: take breaks throughout the day, but avoid sitting for long periods. Make all its physical activity slow and controlled, especially folding forward and lifting. Change your daily activities to avoid movements that can cause pain. Non-steroidal anti-inflammatory medications (NSAIDs). Anti-inflammatory medications such as ibuprofen or naproxen can help relieve pain. Physical therapy. The specific exercises will help to strengthen the lower back and abdominal muscles. Injection of epidural steroids. An injection of a medicine-similar medicine in space around the nerve can provide short-term pain relief by reducing inflammation. There is good evidence that epidural injections can relieve pain in many patients who have not been helped for 6 weeks or more than other non-surgical care. There are some data that suggest that the injection of epidural steroids within 3 months after surgery can slightly increase its risk of infection. Discuss these risks with your surgeon. It is important to keep in mind that these non-surgical treatments do not cure the herniation. Good, they can help relieve their while his body works to cure the herniation. In many cases, disc herniation dissolves naturally over time and is reabsorbed by the body. Only a small percentage of patients with lumbar disk herniation requires surgery. The column surgery is only recommended after a non-surgical treatment permit has not been granted. I mean, I don't know. Surgery this shows the degree level based on the complexity of the word. this shows the degree level based on

