

PAIN & DISABILITYSM

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Slipped Disc

A condition in which part or all of the soft, gelatinous central portion of an intervertebral disk (the nucleus pulposus) has slipped through the weakened part of the disk, resulting in back pain and nerve root irritation.

Radiculopathy refers to any disease condition of the spinal nerve roots.

Most herniation takes place in the lumbar area of the spine. Lumbar disk herniation occurs 15 times more often than cervical (neck) disk herniation, and it is one of the most common causes of lower back pain. The cervical disks are affected 8% of the time and the upper-to-mid-back (thoracic) disks only 1 to 2% of the time.

Nerve roots (large nerves that branch out from the spinal cord) may become compressed resulting in neurological symptoms such as sensory or motor changes.

Symptoms:

SYMPTOMS OF LUMBAR RADICULOPATHY:

Severe low back pain radiating to the buttocks, legs, and feet with aggravation due to strain like cough, sneezing accompanied by tingling and numbness.

SYMPTOMS OF CERVICAL RADICULOPATHY:

Severe neck pain radiating to arms and fingers, aggravation by coughing and sneezing accompanied by tingling and numbness.

DIAGNOSTIC TESTS:

- X-Rays
- MRI
- CT Scan
- Electromyography
- Thermography
- Nerve Conduction Velocity Status

Treatment:

1. Medication
2. Physical Medicine
3. Rehabilitation
4. Epidural Injections
5. Surgical Interventions

MEDICATIONS:

1. NSAID
2. MUSCLE RELAXANTS:
3. ANALGESICS

SURGERY:

- LAMINECTOMY:
- SPINAL FUSION:
- MICRO DISKECTOMY:
- CHEMONUCLEOLYSIS:

DIET:

BED REST:

BRACES OR SUPPORTS:

Physical medicine modalities and rehabilitation.

- Ice or moist heat
- Physical Therapy

- Exercises to strengthen the muscles of the neck (for cervical radiculopathy) and abdomen (for lumbar radiculopathy). Flexion (bending) and extension (straightening) exercises may be prescribed to increase muscle strength and range of motion.

Prevention:

Safe work and play practices, proper lifting techniques, and weight control may help to prevent back injury in some people.

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