absorb proper nutrition from the fluids that surround it. Every body cell must be "fed" correctly for proper function maintenance. The disc is no exception.

When a disc is in motion, it squeezes the surrounding fluid in and out, so activity is essential to good disc nutrition. It follows that some of the variables of inactivity can cause poor disc nutrition. Some of these are lack of excercise, not maintaining good posture, weak muscles, stress, muscle spasms, injuries and fixation of vertebrae where two adjoining vertebrae move as one. When a disc is in a state of accordion-like motion it will absorb nutrients adequately.

Low Back Disc Problems

Since the greatest weight-bearing stress is in the lower spine, these are the discs that are most likely to be compressed and become "slipped" discs. Improper heavy lifting brings daily stress to this area as well as prolonged sitting. Office workers have problems and elderly persons who sit for long periods of time watching TV, playing card games, writing, reading or for other reasons.

How Chiropractic Can Help

Although a few of the disc cases may be ruptured discs and might require surgery or traction, a majority of all disc cases can be controlled and helped with modern chiropractic. Doctors of chiropractic have over 75 years of research and experience behind them and they are well-trained to handle both acute and chronic disc problems. If a case does require surgery, the doctor of chiropractic will identify the need and quickly refer to a surgeon when it is not a chiropractic case.

The chiropractors first step will be to give the patient a thorough examination to determine the extent and cause of the problem. If needed, he will realign the spinal column with chiropractic adjustments. Other techniques are reducing vertebral subluxations, stimulating nutrition of the disc, balancing the spine and pelvis, restoring vitality to ligaments and muscles and eliminating fixations. Various techniques are used depending upon the particular problem involved. Good chiropractic treatment can prevent a weakened or slipped disc from becoming a ruptured disc. Any person who suffers from chronic or acute back pain should see a chiropractor immediately.

See Your Chiropractor Today!

Give this pamphlet to a friend who may be suffering back pain.

Complements of:

Dr. Cameron Stewart

Chiropractic Physician

www.drcam.rocks

P0014

DISC PROBLEMS

Disc Problems

Spinal disc problems are unseen and unfelt until the discs have already suffered damage and start to cause trouble. Prevention, therefore, is more difficult than with many other conditions. Most body functions are evident to us—fast breathing from over-exertion, hunger, indigestion, perspiration from the heat or chill bumps from the cold, stiffness and sore muscles from unusual exercise. However, these are conditions that we know will correct themselves with time. The situation is different when discs begin to weaken, for we don't have any indications of trouble until the problem is already there. A disc problem never gets better by itself; it just gets worse.

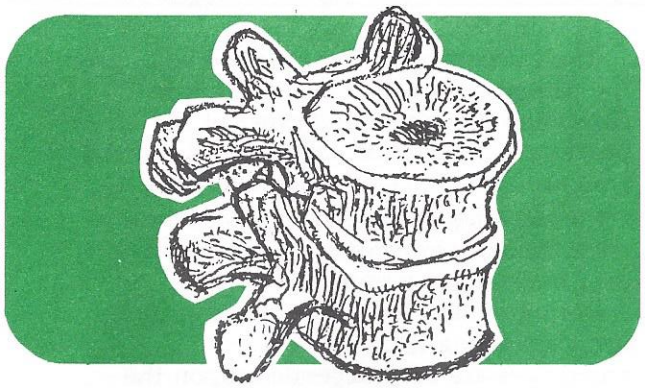
What Do Discs Do?

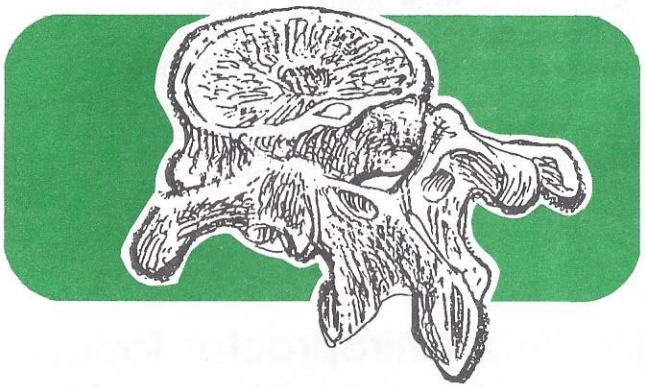
Discs act as cushions between the spinal bones, known as vertebrae, and together these discs and vertebrae make up the spinal column which supports a large portion of the body weight. The spinal column is small at the neck and gradually increases in size to give additional strength in the lower back where it supports greater weight.

Discs separate each vertebra from the next and allow free and painless bending and twisting of the spinal column. Without them, spinal bones would rub against each other in a grating action. When your spine experiences a sudden jar or pressure, your "shock absorber" discs cushion the force of the action.

What Are Discs?

To better understand the important function of discs, it is helpful to know specifically what they are. Each disc consists of a gelatinous center with a fibrous covering. Bands of ligaments which surround them attach to the bones and serve the double purpose of keeping the





vertebrae apart while at the same time holding them together.

The spine consists of 24 vertebrae — ring-shaped spinal bones — with an inter-vertebral disc between each one. These discs are rounded cushions which are somewhat elastic. Each vertebra has a hollow canal through which the delicate spinal cord threads as it carries nerve tracks to and from the brain. Nerves that leave the spine to serve all parts of the body go through openings which discs help to form.

Types of Disc Problems

Three basic kinds of disc problems are: herniated disc, ruptured disc and bulging disc (any one of which might be referred to as a "slipped" disc). Although the spine can withstand a great deal of stress and strain without causing disc trouble, these problems can and do occur many times.

Sometimes a vertebra may be thrown out of position by an injury to the back, continued strain, a fall or occasionally even a very hard sneeze. An out of position vertebra will cause the disc to be compressed. This "slipped disc" happens to some 40 percent of us at one time or another.

When the tough outer portion of the disc is actually torn or split and the soft center portion protrudes, it is called a herniated disc. A herniated disc will often press against spinal nerves. In some cases surgery may be required, but, for the most part, the disc is only weakened and bulging ("slipped"). Chiropractic adjustments can release the vertebra from its misaligned position and allow the disc to return to normal. Pressure is relieved on the spinal nerves and the patient is saved from spinal surgery.

Disc degeneration happens as we grow older and less active. The cushion-like, tough tissue of the disc begins to lose its fluid, making the disc thinner and weaker. When this happens its shock absorber function is impaired. Although there is a beginning of disc degeneration as early as the mid-twenties, most people should be able to live a lifetime without discomfort from this normal aging process. However, sometimes the process speeds up beyond normal and begins to cause trouble. As a disc weakens it begins to bulge, eventually protruding into the spinal canal and pressing against nerves. The pressure causes pain.

What Happens to Cause Disc Degeneration in Young Persons?

Poor nutrition of the disc tissue can cause earlier degeneration. This is not nutrition in the usual sense of what we eat, but a situation where the disc does not