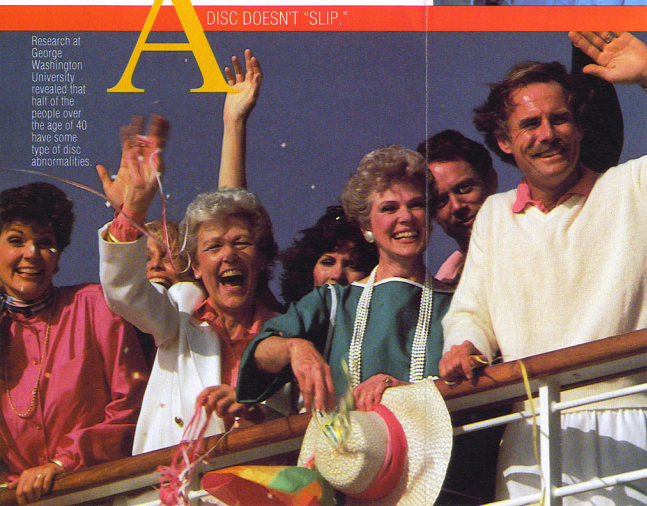


**Discs can bulge, herniate, or rupture, resulting in other problems.**

**A** DISC DOESN'T "SLIP."

Research at George Washington University revealed that half of the people over the age of 40 have some type of disc abnormalities.



The traditional approach to disc problems often ignores spinal function. Conservative chiropractic care is safer and often more effective than back surgery.

the circulation of joint fluids to bring in nutrients and expel waste. If a spinal joint loses its normal motion and this pumping action is impaired, the health of the disc deteriorates. Like a wet sponge, a healthy disc is flexible. A dry sponge is hard, stiff, and can crack easily. This is how many disc problems begin.

Because of the way each disc is attached to the vertebra above and below it, a disc cannot "slip" as commonly thought. However, trauma or injury to the spine can cause discs to bulge, herniate, or worse, rupture. This can be quite painful, putting pressure on the spinal cord and nerve roots, interfering with their function.

The chiropractic approach to disc problems is to help restore better motion and position to the spinal joint. Besides reducing disc bulging, better spinal function helps reduce inflammation and begin the slow process of healing the surrounding soft tissues.

While results cannot be guaranteed, many patients have avoided needless surgery or a dependency on pain pills, by choosing conservative chiropractic care.

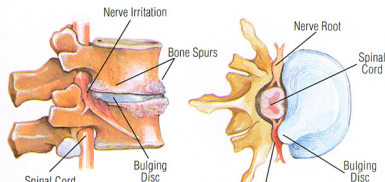
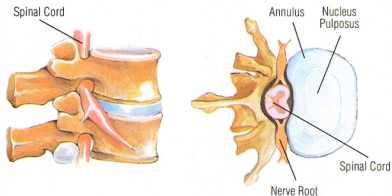


Trauma, improper lifting, and other injuries can cause the soft, pulpy center of the disc to bulge or rupture through the disc wall, like eating a jelly-filled donut.

**SIDE VIEW**

**NORMAL DISC**

**TOP VIEW**



The disc is a small cartilage pad that is situated between spinal bones. The soft jellylike center is contained by layers of fibrous tissues. Each disc serves as a connector, spacer, and shock

absorber for the spine. When healthy, discs allow normal turning and bending.

Since spinal discs have a very poor blood supply, they depend upon