



## Back Pain? It's Probably Not Your "Herniated Disc" or "Disc Bulge"

**MRI does not always tell the whole story.** Just because a disc has herniated does not necessarily mean you will need to undergo surgery. In the majority of cases, a herniated disc will probably not require surgery! 10 - 40% of patients still complain of pain, motor deficits, or decreased performance with daily activities even after surgery.

### **Did you know up to 90% of patients with herniated discs can be successfully treated without surgery?**

According to the most recent research, the presence of disc herniations or disc bulges on MRI is not at all conclusive as being causative of low back pain. Many individuals have a herniated disc or disc bulge seen on MRI but have no symptoms. It's really simple, the disc is not likely the primary cause of the patient's discomfort. It is simply a radiological finding. Compensation is more likely a cause of low back pain and is caused by muscles tiring and relying on other muscles to do their job.

A very small percentage of people with herniated discs may experience severe low back pain, significantly affecting daily life. Initial treatment for a herniated disc is usually conservative and nonsurgical. A common form of conservative treatment is physical therapy. If you are experiencing herniated disc symptoms such as low back pain, leg pain, shooting pain, numbness, tingling, or burning consult with your local physical therapist. The therapist will perform an in-depth evaluation specifically designed for patients with a herniated disc. Therapy may include traction, stretching exercises, modalities, neurodynamics, and patient education.

**Many people, who initially have problems with a herniated disc, find that they completely resolve over several weeks or months!**

