

What is it?

When intervertebral discs slip out of alignment, usually due to degeneration. Can impinge on surrounding vertebrae, soft tissues and nerves.

What causes it?

Every day wear and tear. Excessive and/or repetitive strain. Damaged or weak ligaments.

Symptoms

Inflammation, pain, restricted movement. If in lower back, pain may radiate into the legs. If in neck, pain may radiate to the shoulders.

Top Tips

Use ice packs/gels frequently. You may want to consider an MRI. A bulging disc can be a forewarning before a full disc herniation.

How to Treat it

Rest and alternating ice and heat to reduce inflammation and pain. Start and end with ice.



Rehab

Gentle everyday activities, physical therapy such as massage and osteopathy. Pilates, yoga, swimming (front or back crawl)

Definitions

Intervertebral Discs – shock absorbing cushions filled with gel, in between each bone in the spine

Osteopathy – manipulation of the skeleton and the soft tissues to treat medical conditions

MRI – Magnetic Resonance Imaging. Type of medical scan.

Associated Conditions

- Muscle Strain of the Back,
- Ligament Sprain of the Back,
- Slipped Disc,
- Stress Fracture of the Vertebra (Spondylolysis)

Get Help Now

Products

Purchase sports injury products from Physique - [ice packs](#) or [gels](#), [foam roller](#), [small physio balls](#), craniocradle, [Pilates ball](#), [Support belt](#), Osteopathic Pillow and Knee Pillow

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References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com