

Slipped Disc (aka herniated, ruptured or prolapsed)

What is it?

When intervertebral discs split or slip out of alignment. Pressure and pain can be caused because disc gel leaks out around spine and nerves. Common in the lower back and neck.

What causes it?

Trauma. Excessive weight. Repetitive stress. Bad posture. Incorrect technique during activity.

Symptoms

Pain, inflammation, numbness, tingling. Restricted range of movement. Pain in the back or neck. Hindered control of upper or lower limbs and/or bowel and bladder.

Rehab

Bed rest and restricted activity for first 7-10 days, followed by gentle day to day activities. Physical therapy to increase mobility. Postural and strengthening exercise programme.

How to Treat it

Rest, alternating ice and heat packs. Anti-inflammatories, muscle relaxants and painkillers



Top Tips

This kind of injury tends to remain a weakness that needs to be maintained. Regular exercises such as Pilates, yoga and swimming are great for overall back health. Massage and Osteopathy are good ways of ensuring both skeletal and muscular health.

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

Associated Conditions

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

Get Help Now

Products

Purchase sports injury products from Physique - [ice packs](#) or [gels](#), [heat packs](#) or [creams](#), [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