



Life Point

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Back Talk *with Dr. Alex Markel*

Slipped Disc needs surgery? Maybe not!

So your back or neck pain has started to move down into your arms or legs? Maybe you've recently had an MRI? The point is you've got a "slipped disc," and you'll need surgery...Maybe not!

First, it's important to understand what a disc is. A vertebral disc is a complex piece of cartilage that rests between the bones in your spine and acts as a cushion to absorb the everyday shocks and twists we constantly impose on our spines. Also, discs don't actually slip. "Slipped disc" is a common term for prolapsed or herniated discs. This is where the softer middle section has been squeezed out through the tough outer shell. This becomes a real problem when the new bulge touches sensitive spinal nerves causing immense pain!

So when drugs provide only partial and temporary relief, is surgery the only way to get your life back?

A study published in the Journal of M&P followed a group of herniated disc sufferers that received chiropractic treatments. The study found that 80% of the patients were able to receive pain relief that was so significant they were able to avoid surgery and return to work in their pre-disability occupations! The same study also noted that in 63% of the patients a significant reduction in the disc herniation could be seen on an MRI. Some were completely resorbed! As a Chiropractor in Denton, I regularly help people suffering from disc related neck and back pain, as well as pain, tingling, and weakness in the arms or legs.

If you have been told you have a problem with a vertebral disc or are experiencing these symptoms, Chiropractic might be your solution!