

Lower Back Or Leg Pain?

This complimentary report will provide you with information about this troubling and painful condition.

The report is concise, providing you quickly with what you need to know.

We stand ready to help.
Call us today for the help you need.

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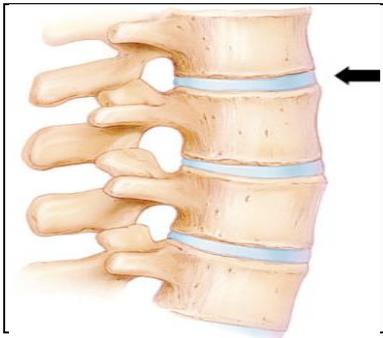


Do You Have A 'Slipped' Disc?

Back Pain from Troubled Discs

Low back pain is known as a “silent epidemic” affecting 8 of 10 people at some time in their lives. There are several causes of low back pain. This report focuses on the major causes; spinal discs that are either **bulged, herniated or degenerated**, and will further address **stenosis**.

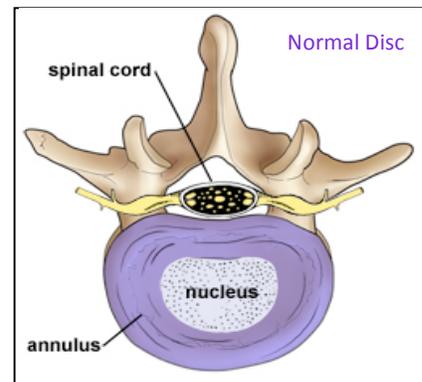
“Miniature Waterbeds” For Shock Absorption....



The disc is a specialized cartilage that fits between the moveable vertebrae of your spine. They are filled with fluids that form a cushion between the vertebra above and below, and have been called “miniature waterbeds” for the spine. These miniature waterbeds act as “shock absorbers” for the spine which prevent the vertebrae from breaking against each other during movement while under the force of gravity. They also provide a spacing mechanism between the vertebrae to allow room for the nerve to exit the spine, much like placing a washer between a nut and head of bolt. The **arrow to the left** identifies the discs.

....That Look like Jelly-Filled Doughnuts.

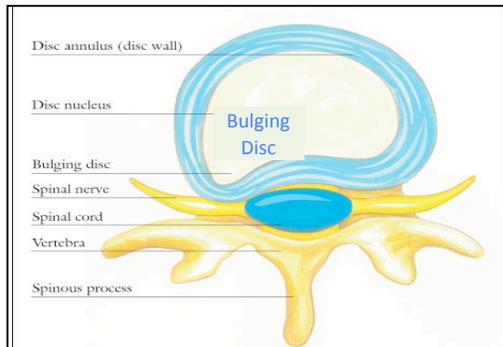
When viewed from the top, the discs look much like a **jelly-filled doughnut**, with the jelly in the middle and the fibrous bands on the outer perimeter that wrap around it like the rings of an onion. Healthy discs give you pain-free flexibility, allowing for normal turning and bending of the spine. The **inner part of the disc**, “the jelly” is known as the nucleus. It's the fluid that provides for shock absorption, that's much related to the fluid inside of a hydraulic jack. The **outer part of the disc** is known as the annulus. This part of the disc acts as the containment mechanism that holds in the fluid. **All is well so long as the annulus is healthy**.



Impossible to “Slip”

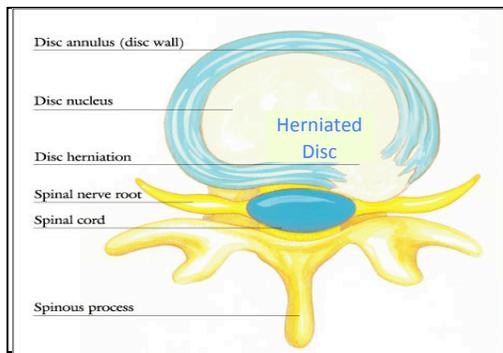
You may be surprised to learn that spinal discs can thin, decay, degenerate, wedge, bulge, protrude, tear or herniate, but because of tight bands of ligament that wrap around and support the discs firmly between the vertebrae, it is simply impossible for a disc to “slip.”

Bulged or Herniated Discs



Two of the four most prevalent forms of back pain are those from a **bulged or herniated disc**.

The **top picture** to the left shows what happens in cases of a **disc BULGE**. On the left lower side of the picture, the pressurized nucleus (white) is causing the annular containment wall (blue) to bulge downward against the nerve. The wall is not as thick due to several weakened fibers. The bulge occurs due to a weakened disc wall, and happens due to many causes. This is the final stage before a herniation occurs.

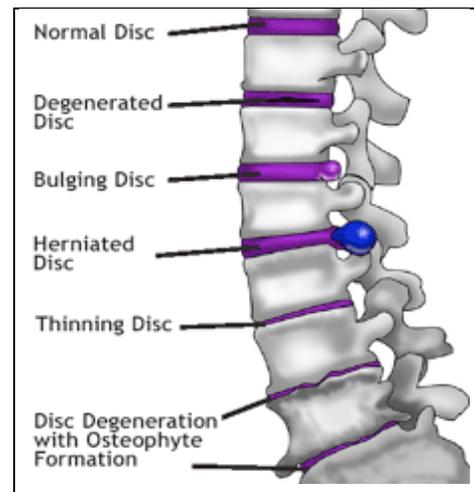


The **bottom picture** to the left shows what happens in cases of a **disc HERNIATION**. On the right side of the picture, you'll notice how the annular containment wall has totally torn through, allowing the nuclear gel to shoot out against the nerve (yellow).

Bulges and herniations can occur on the left or right side, leading to symptoms on that side. If a bulge or herniation occurs straight back against the spinal cord (dark blue), it can cause pain in both sides at once.

Degenerated Discs

The third most common cause of back pain from damaged disc is a thinning disc, also known as disc degeneration, commonly called disc decay. This challenge is one that slowly develops over time, and most often due to postural imbalances over a lifetime that place uneven wear on the discs - much like a bent hinge on a gate will wear down two pieces of metal rubbing against each other over time. This leads to improper disc hydration and then, like a child leaving a can of play dough out with an open lid, the disc fibers dry out and are subject to being torn more easily. Disc decay and degeneration are other terms which mean “spinal arthritis.” As gravity presses down upon the damaged disc, this form of disc challenge frequently causes people to experience daily pain.



Stenosis

Stenosis is the fourth most common cause of back pain which frequently involves the disc. In this condition, abnormal bony growth occurs that causes the **spinal canal** (the canal that contains your spinal cord), or your foramina canal (the canal your nerve goes through as it leaves the spinal cord) **to narrow**. Also caused by long term postural imbalance, this abnormal bone growth occurs by the bones wearing upon each other, just like a callous forms on your hand when working with tools. The MRI image shows this occurring. It causes chronic pain.

White Indicates Spinal Cord
Circle Shows Stenosis

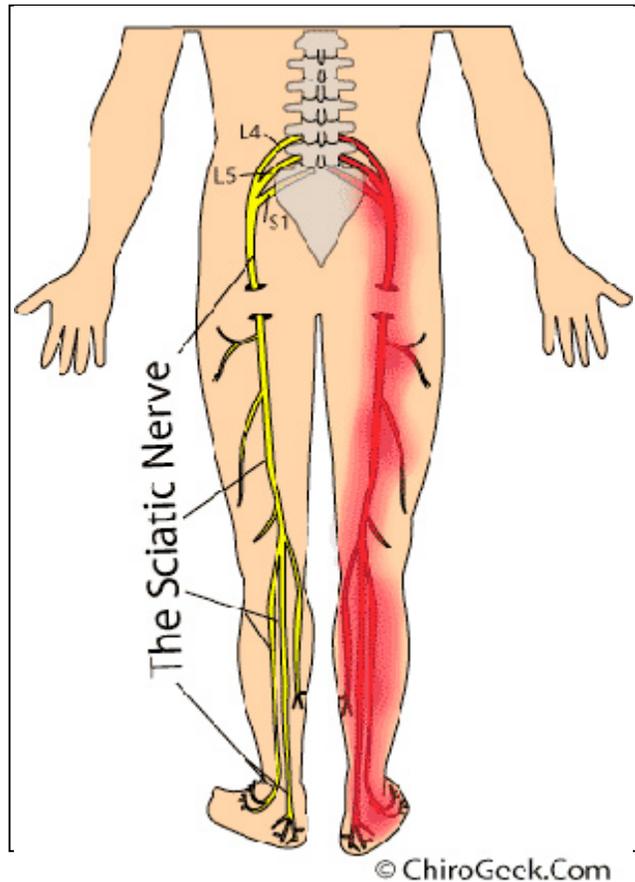


Can Cause Back Pain, Leg Pain, or Both!

There are two sciatic nerves in your body. They are the longest and largest nerves, reaching about the diameter of your thumb as they exit the lower back and run down each of your legs all the way to your feet. Sciatic nerve conditions are known as sciatica.

The sciatic nerve can cause pain at any point in its distribution, either in the **lower back, buttocks, hamstrings, knees, legs, calves, feet and/or toes**. The pain usually starts in the buttocks and extends down the rear of the thigh and lower leg to the sole of the foot and along the outer side of the lower leg to the top of the foot. **Back pain is found with sciatic leg pain about 50% of the time.**

The amount and location of pressure on the nerve as it exits the lower back determines the intensity of the pain. It can cause problems in **one leg** or **both** at the same time. The pain **can also switch back and forth** from one side to the other.



Lower Leg Symptoms Often Include

The symptoms of sciatic leg pain (sciatica) are not always the same in all individuals. The pain depends upon the location and intensity of the pressure upon the area of the sciatic nerve(s) that is being affected. **50% of the time the symptoms will be in just the back or the leg. The other 50% of the time, symptoms will be in both the leg and the back.**

- It may hurt or throb **“like a toothache”** in any part of your leg or foot.
- It may send jolts of pain into your leg that feels like “touching a live electric wire.”
- It may cause numbness, burning or a feeling of “pins and needles” in your leg, foot or toes.
- It may hurt more or less when seated, standing, walking, bending or lying down.
- It may come on quickly as a result of bending or lifting, or slowly develop over time.
- It may be increased when you cough, sneeze, bend or lift.
- Pain ranges anywhere from an annoyance to the most miserable pain imaginable.

Symptoms may be constant or of a “come and go” nature. Some people experience just one or two of the above symptoms. Other people experience the majority of them all at once.

Have You “Thrown Your Back Out?”

Many people are injured in direct lifting injuries or falls. Just as common are those who say, “**I didn’t do a thing**” or “**I just bent over to tie my shoes**” or “**I just reached over to pick up a pencil**” or “**I was just making the bed**” or “**I threw my back out!**” Again, these are the most common things people tell us when they can’t identify with what’s happening in a disc crisis. Nothing has “gone out.” Rather, something has **TORN**.

In the vast majority of these episodes when people injure themselves, what has **REALLY happened** is they have orn some of the fibrous rings that make up the annulus (containment wall) of one of their lumbar discs. This usually causes the disc to bulge and put pressure on one of their lumbar nerve roots – resulting in the pain they are experiencing. **Each time this happens**, they tear more and more of the rings until the annulus is no longer able to contain the pressurized nucleus, bringing them closer and closer to an unfortunate disc herniation.



Because most people don’t understand what is REALLY happening in their back when they “throw their back out”, it’s unfortunate that one of the most dangerous events causing people so many challenges with their back is described with such an overly simplified statement of “I threw my back out.” Statistics show when many people “lose” their back, they frequently lose many other things they treasure in life because of work, social and family challenges that disc problems and failed surgeries create. **In most cases** of someone who “throws their back out,” something very serious “is starting brew.” It’s called, “**a hot disc.**”

What Can Be Done To Help?

The proper chiropractic techniques have proven to be extremely effective for a large majority of disc pain sufferers. The chiropractic approach is to use carefully directed forces to remove the pressure off the nerves. To have the best non-surgical chance of success, the right chiropractic techniques must be utilized.

Disc Decompression Therapy is a proven, highly-successful, non-surgical treatment in helping with pain coming from all kinds of disc conditions. It frequently works when other things won’t. **Indeed, it’s frequently successful even when surgery has failed.**

With disc decompression therapy, the gentle, repetitive, cyclical, stretching revolutions create a negative vacuum in the disc helping to remove pressure off the painful nerve. This also promotes fluid exchange **to help the cause of the sciatic pain, the damaged disc**, to heal naturally. The percentage of success is very high, and treatment is comfortable, relaxing and even enjoyable, so much in fact, that many people even fall asleep during treatment!





ChiroCenter is pleased to offer the people of Troy and our surrounding communities more available disc decompression equipment options than any spinal care facility we are aware of in our area, and we offer the most time-tested non-surgical techniques available in the field of back care.

These are just two of the reasons why our percentage of success is so high for so many people.

How Do I Get Started?

If pain or numbness in your back is causing you concern, something is obviously wrong. **A complimentary conference with the doctor** will allow us to discuss your concerns and come up with the best approach for you. Hopefully you can be the next person to benefit from our many years of experience in dealing with these all too common and serious conditions.

Call us today at 339-5556. We're ready to help.....



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Due to Federal Law, offers of free services may not apply to Medicare.

