

know what disc has been affected, there's many ways it can be dealt with. The pain is coming from the inflammation of the nerve. So the disc is something that will cause an inflammation on the nerve, and gives you your pain syndrome," explains Grano. **"The misconception is that we will 'pop' the disc back in place. But we're really not popping the disc back in, we're making more room, and taking pressure directly off that nerve. We try to decrease the inflammation on that nerve through chiropractic manipulation that realigns the spine."** In addition to adjustments, modalities to decrease inflammation—such as ice, ultrasound and electric stimulation to decrease muscle spasms that accompany pain syndromes—also are used by chiropractors, says Grano.

MAINTENANCE

Chiropractors say that slipped disc injuries greatly benefit from a chiropractic lifestyle that includes ongoing adjustments. "Patients need to keep in mind that research indicates that pain comes on very quickly, but the problem comes on slowly over time," says Faulds. **"With regular chiropractic visits we may be able to keep small problems small, and prevent future outbreaks or disc problems with ongoing chiropractic care."**

Regular chiropractic adjustments also can prevent other spinal injuries from occurring. "Be regular with your chiropractic care because gravity never takes a day off," says DeMaria. "We are constantly moving, bending and twisting. The spinal cord is housed in the spinal column. As you make movements during the daytime, the tiny vertebra can get in a compromised position, get stuck and put pressure on sensitive nerves that go to vital organs. I have been practicing for 29 years, and I've seen patients have long-term health issues that respond in a relatively short time period with an adjustment.

It's silly to live day to day having continual relentless pain that can be



alleviated by seeing your chiropractor regularly."

To prevent reoccurrence of a slipped disc, chiropractors often will prescribe exercises that help patients keep the disc in place and flexible. "Mackenzie

"The slipped discs that are symptomatic usually come on by bending, twisting and lifting, or some combination of the three." The most common symptoms of a slipped disc are burning, tingling, numbness or pain that projects into the leg or buttocks. Dr. Ben Faulds, Faulds Chiropractic, Hampton Cove, AL.

exercises, which are extension exercises, help stabilize the muscles that have become weak, and allows the disc to get out of place in the first place," says Faulds. Another exercise helpful for

slipped disc sufferers is the dead bug. "This exercise is done on your back with your arms and legs up in the air," explains Grano. "Then you drop your left arm and right leg at the same time, putting them back straight up in the air.

Then you drop the opposite leg and arm. The dead bug allows you to strengthen your core strength muscles—your abdomen, lower back, hamstrings and quads."