

SPINAL DISC HERNIATION



Spinal disc herniation is a serious disease caused by undernourishment of an intervertebral disc, which provokes tear and release of its contents into the spinal canal.

This results in backaches, inflammatory processes and nerve root compression.

Spinal disc herniation may occur as a result of degenerative-dystrophic changes of the spine, spinal traumas, physical overload or age-related changes.



Symptoms of Spinal Disc Herniation

Spinal disc herniation usually reveals itself through back pain. The location of pain depends on the location of herniation: if the herniated disc is in the lumbar region, the pain will be focused in the lower part of the back and extend to the leg.

Partial numbness of the leg affecting the area from the hip to the foot and tingling in the toes is also possible.

Herniations in the upper sections of the spine are typically defined through upper back pain that extends to the arm and the shoulder.

All kinds of spinal disc herniations cause acute and sudden pain, which occurs when bending or turning sharply, undercooling, lifting heavy objects.

Giddiness (especially in case of herniations in the upper section of the spine), minor fever, panting and general weakness are possible. General motor activity of the patient is also reduced. Cervical disc herniations are defined through continuous headaches and pain at the base of the neck, dizziness.



Treatment of Spinal Disc Herniation

Complex examination is essential for receiving a full picture of the disease and prescribing individual treatment for the spinal disc herniation. Any treatment of spinal disc herniation includes pain-killers and anti-inflammatory medications.

Medications that reduce muscle spasms are also recommended.

Presently, there is a number of methods of treatment for spinal disc herniations, which being used in a complex, give positive results.

In our Center the main method of treatment is the comprehensive physiotherapeutic treatment.