



Disc herniation

The spine is made up of multiple segments and each segment is made up of bones or vertebrae, joints, nerves, ligaments, muscles and discs.

The discs between the vertebrae are the shock absorbers of the spine and cushion the vertebrae during movement.

The discs are made up of a jelly-like substance that can degenerate as part of the normal ageing process or become injured from high-impact sport or heavy lifting. When this happens the jelly can bulge or herniate which sometimes leads to compression of the nerves. This can cause significant pain, pins and needles, burning and numbness down the arms or legs depending on if the nerve compression is in the cervical or lumbar spine.

Most disc bulges resolve themselves within four to six weeks and this can be aided with physiotherapy, rest, anti-inflammatory medications and even targeted nerve-blocking injections.

If these symptoms are something you are experiencing, and they persisted beyond four to six weeks, speaking with a specialist neurosurgeon about treatment options may be beneficial. Talk to your general practitioner about a referral.



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