Comprehensive Orthopaedic and Spine Treatments

Lumbar Herniated Disc Treatment

The lumbar or lower back region is the most common area to experience a herniated disc. The constant weight and stress that is put on this portion of the back leads to more degeneration as you age and is also more susceptible to injury. A herniated disc occurs when the exterior shell of the disc breaks, allowing the gel-like fluid to seep into the spinal canal. This condition can put pressure on the nerve roots, causing pain and discomfort.

Treatment for a lumbar herniated disc depends on the severity of the symptoms and how a patient responds to conservative or non-surgical treatments. At Atlanta Spine, we explore effective treatments that are non-surgical such as physical therapy before recommending any type of surgery. When a herniated disc continues to cause discomfort for our patients, we also offer non-invasive surgical options that can relieve the pain without the risks of open back surgery.

Symptoms and Causes of Lumbar Herniated Discs

Discs in the spine can split and become herniated due to severe trauma. However, it is more common for this to occur due to degeneration or wear and tear from aging. As the vertebrae compress the discs over time, the exterior shell can stretch and become weak, making it susceptible to tears or rips that release the inner gel-like fluid. When this gel enters the spinal canal, the pressure on the nerve root can cause chronic lower back pain. If the disc is in the lowest region of the back, it can also impact the sciatic nerve, causing sciatica symptoms of pain or numbness in the back, hips, legs and feet.

Lumber herniated discs can be painful and affect your quality of life. You don’t need to live with this pain – contact Atlanta Spine today. Dr. Bhatti and our team of spine specialists can offer effective treatments to overcome lumbar herniated disc issues, giving you the relief you need from your lower back pain.

http://www.atlantaspineclinic.com/treatments/lumbar-herniated-disc