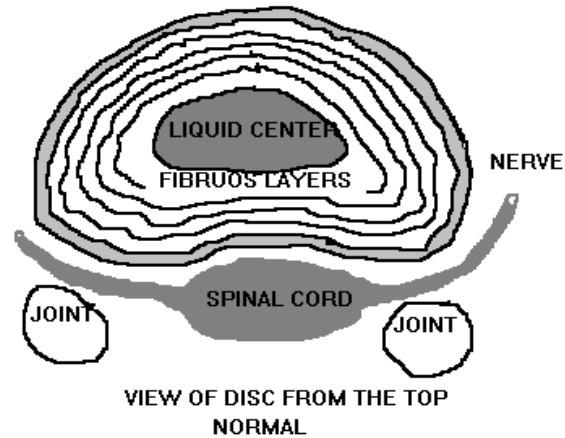
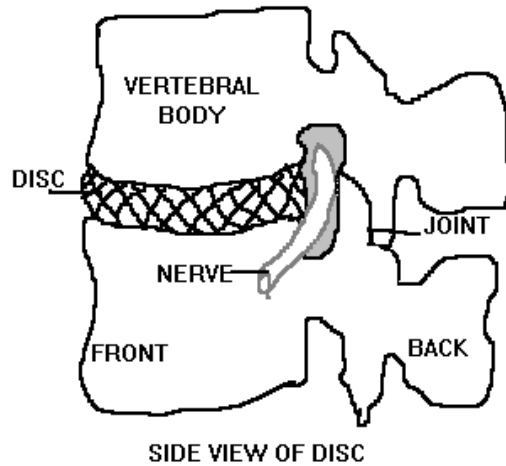
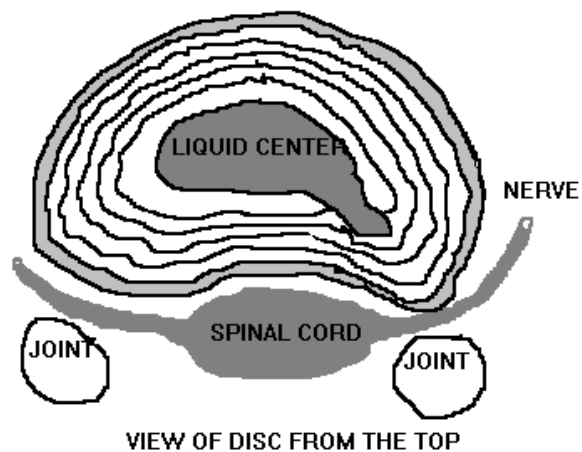
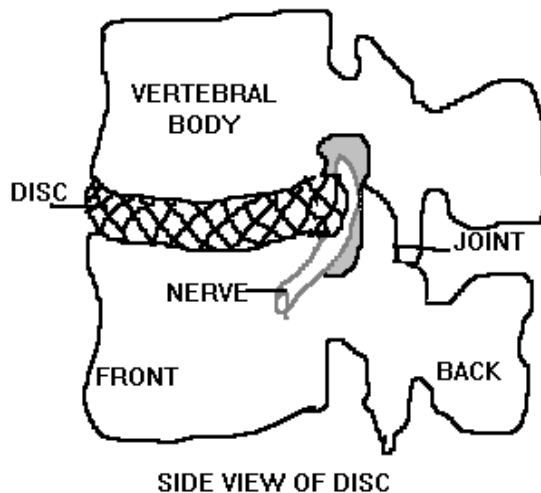


## NORMAL DISC



## BULGING DISC



A disc is the cartilage between the vertebral bodies that absorbs shock and allows for movement in your spine. It has a liquid center and is surrounded by many layers of tough fibrous tissue that holds the liquid in and the two vertebral bodies together. Directly behind the disc is the spinal cord and to the sides are the spinal nerves. These are the nerves that become pinched when the disc bulges. Disc bulges are most commonly attributed to gradual abuse or wear and tear causing some of the inner rings to break down. This allows the liquid center to eventually push the outer rings into the nerve. It is this pressure and the inflammation in the surrounding area that causes the pain, tingling, and/or numbness that commonly accompany disc bulges. These symptoms can be permanent if left untreated, that is why it is imperative to see your Chiropractor immediately if you suspect that you may have a disc bulge.

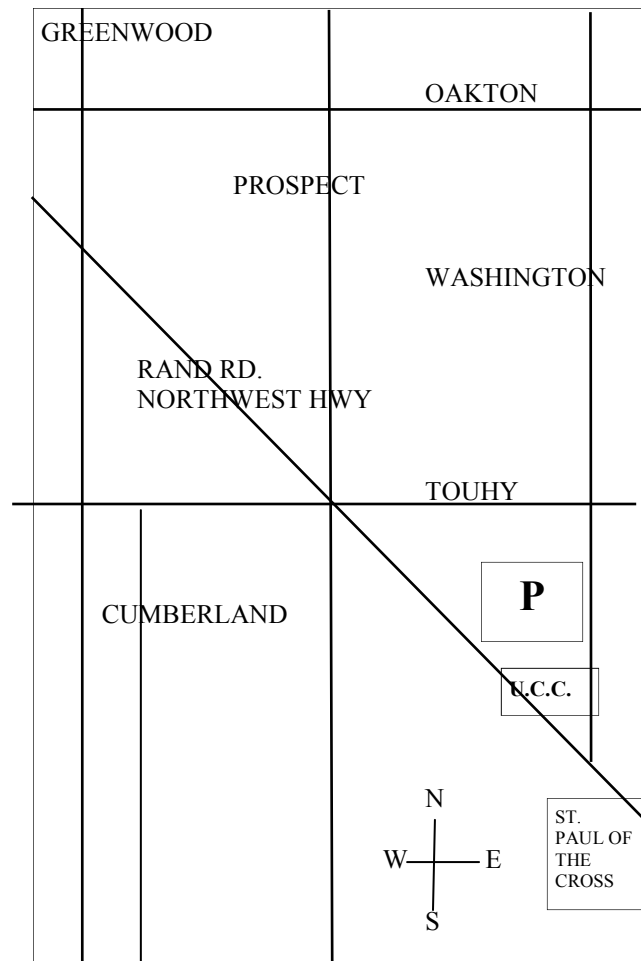
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**Chiropractic is the safest, most effective treatment for disc bulges.**

Studies have shown Chiropractic to be safer and more effective than bed rest, drugs, or surgery. Chiropractic treatment for disc problems include adjustments, Cox flexion and distraction (which is a combination of traction and mobilization), specific exercises, physiotherapy (ie. ultrasound or interferential current), and education on how to bend, lift, and alter the situation that caused the disc problem to begin with. If you have been diagnosed with or suspect that you have a disc problem you should see your Chiropractor immediately.

**DR. CRAIG MORSE**  
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**(847) 692-2688**

Uptown Chiropractic Clinic is located in the heart of Park Ridge on Northwest Hwy. close to Washington Street. There is ample parking in the public parking lot. There are entrances to the parking lot from Touhy Ave., Washington St., and Northwest Hwy.



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# LUMBAR DISC PAIN

**SYMPTOMS INCLUDE SOME OR ALL OF THE FOLLOWING:**

- \* LOW BACK PAIN
- \* LEG PAIN
- \*TINGLING
- \* NUMBNESS



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