

Welcome to our  
**Newsletter**  
designed to provide  
you with current  
information about  
physiotherapy...

## Cherrybrook Physiotherapy

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## CAN PHYSIO HELP A SLIPPED DISC?



**Call Cherrybrook  
Physiotherapy  
9484 3360  
For all your Physio  
Needs...**

We offer a range of services  
including Physio, Pilates,  
Exercise Classes and  
Therapeutic Massage...

If you would like to make an  
appointment or have further  
enquiries

Call **9484 3360** for an  
appointment...



### The simple answer is yes!

Slipped Discs occur most commonly in the lumbar spine (lower back) and are a common cause of back pain. They are a result of degeneration of the outer layer of the disc, which allows the gel-like centre of the disc to prolapse out. This presses against structures in the back that can cause back pain and even sciatica (pain down back of the legs).

Physiotherapy integrated with low back strengthening exercises has been shown to be an effective modality in treating acute low back pain when associated with a slipped disc injury in the lumbar spine.

A slipped disc is the herniation of the nucleus of the disc that sits between the vertebrae in the spine. Other names include: herniated disc, bulging disc or sciatica.

Common Slipped Disc signs & symptoms:

- Back pain, which is made worse by sitting and bending.
- Back muscle spasm
- Sciatica - pain, weakness or altered sensation in the buttock, hamstring, calf and foot.
- Increased pain with coughing and sneezing

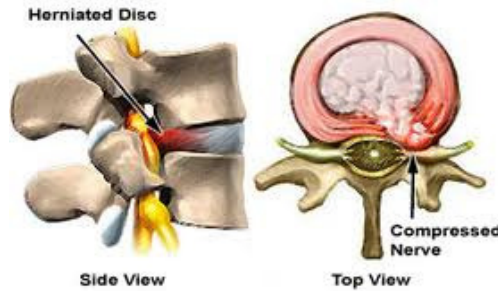
Slipped Disc most commonly occurs in those who are 20 to 50 years of age. The lowest disc of the spine (L5/S1) is most commonly affected with the disc above (L4/L5) the second most common.

Common causes of a slipped disc

- Repeated overuse during bending and lifting.
- Sitting for extended periods at home and the office.
- Performing bending and rotation movements
- Weak abdominal strength and poor low back stability



Physiotherapy treatment is effective for the treatment of a slipped disc; pain relieving medication like an anti-inflammatory may also be necessary. The acute back pain normally lasts for a few days, normal activities should be encouraged as early and as much as possible.



At Cherrybrook Physiotherapy the first thing we do is to determine what's causing your back pain. Our Physios know that the back is a complex structure of bones, joints, ligaments and muscles. You can strain a muscle, sprain a joint, fracture a bone or rupture a disc, all of which cause back pain.

Once the physios at Cherrybrook have diagnosed the origin of your back pain we apply the very latest treatments in joint therapy, muscle therapy and rehabilitative exercise to reduce pain and enhance your low back function.

We offer the latest and most effective treatment options for the management of a slipped disc. Treatments are safe, effective and based on the most up to date research. Surgery should only be considered for a slipped disc after a trial of conservative care.



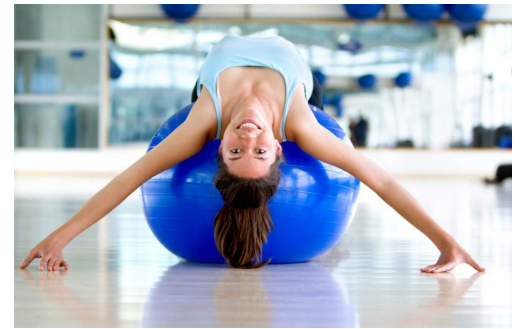
At Cherrybrook Physio our conservative care may involve all or some of the following:

- Joint Mobilisation & Spinal Mobility
- Neural Stretching
- Muscle Therapies - Massage & Stretching
- Heat & Cold Therapy and Electrotherapy
- Activity Modification

The aim of early intervention is to restore the gel like substance back into the nucleus of the disc and to relieve the pressure on the surrounding structures. This may take as little as 2-3 days with effective treatment but may take as long as 3-4 weeks if there is still pressure on the disc.

During the healing phase you should have full range of movement and be relatively pain free. During this phase physio aims to heal the torn connective tissue surrounding the disc. This takes a minimum of six weeks and the focus is on strengthening the structures. Treatment may include:

- core stability training
- Pilates
- correction of lifting techniques
- sport/activity specific strength & stretching



Further to your acute treatment, we focus on the long term prevention of repeated slipped disc injuries and treatments to minimise the degenerative cascade that is intimately linked to an initial slipped disc injury. Protocols at Cherrybrook Physio aim to enhance stability, strength and posture, ensuring your injury doesn't turn chronic.

Despite appropriate physiotherapy management, a small percentage of lumbar disc bulges fail to improve and may require other intervention. This may include further investigations such as an X-ray, CT scan or MRI, pharmaceutical intervention, assessment from a specialist or sometimes surgery. Your physiotherapist will let you know if this is required and will refer you to the appropriate medical authority if it is warranted clinically. In cases of persisting or worsening neurological symptoms (pins and needles, numbness and weakness), surgery may be indicated.

**Cherrybrook Physiotherapy** is a leading Physiotherapy Clinic of excellence in Cherrybrook. We tailor specific, individualised, and evidence based treatment plans that are condition specific for you slipped disc injury.

For an accurate diagnosis and tailored treatment plan **call 9484 3360** and make an appointment today!