

Alderete Chiropractic

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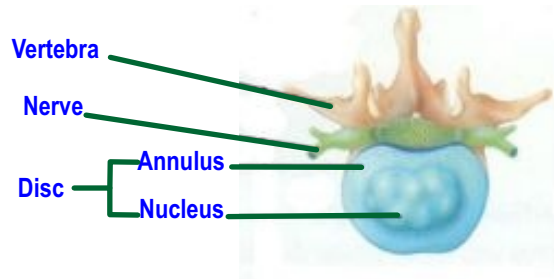
Some Causes of Disc Problems

Discs are the soft but strong cushions that separate the bones (**vertebrae**) in your spine and absorb shock as you move. Repeated strain over time, an injury, or sudden, forceful movements can damage discs and irritate nerves, causing pain, numbness, or tingling in your back, legs, neck, and arms.

Healthy Disc

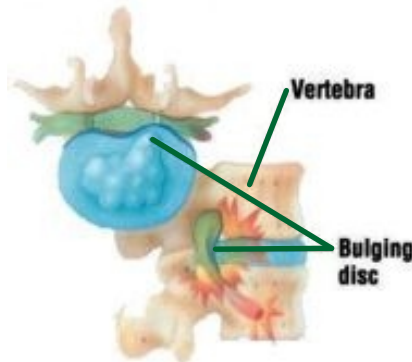
A disc has a spongy, gel-like center (**nucleus**) and a tough outer ring (**annulus**). The vertebrae rock back and forth and rotate on the discs, allowing you to move

TOP VIEW



Bulging Disc

With repeated stress, a disc can wear down. The disc's nucleus may begin to bulge into the annulus and irritate nearby nerves.



Ruptured Disc

Sudden trauma can cause a disc to rupture. The nucleus pushes through the annulus and presses on nearby nerves, causing severe pain.

