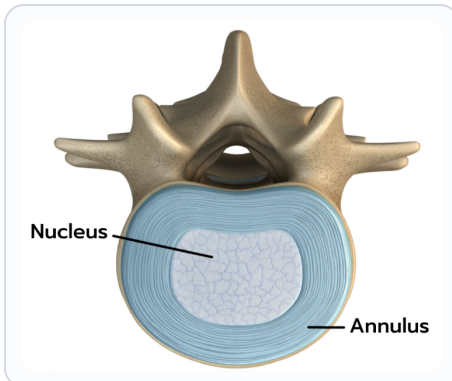


Discogenic Low Back Pain

Pain that comes from one of the cushions between your spinal bones, and why it is more hopeful than it sounds.

1 What a disc is



Between each pair of spinal bones sits a tough cushion called a **disc**.

The annulus is the strong outer ring.

The nucleus is the soft, gel-like center.

The disc's **nerve endings live mostly in that outer ring.**

2 Why it can hurt

When the outer ring gets **irritated or overloaded**, those nerve endings send pain signals and the area becomes more sensitive for a while. That is discogenic pain: pain coming from the disc tissue itself.

CLEARING UP A COMMON MYTH

Discs do not "slip." A disc is firmly attached to the bones above and below it and cannot slide out of place. The tissue simply gets irritated, the same way a muscle or an ankle can. It is a tissue problem, not a bone that has moved.

3 How we help it settle

- **Guided movement** to ease pressure on the sensitive area
- **Hands-on care** to restore motion and reduce guarding
- **Targeted exercise** to support the low back
- **Activity coaching** so you keep moving safely as it heals

The good news: irritated tissue heals. Most people improve within about 6 to 12 weeks with the right care, and we will guide that process with you.

New Market Chiropractic
164 W. Main St., Suite D
New Market, MD 21774
301-865-8333