



## Chiropractic Care for Herniated Disc



### Overview

A herniated disc can cause pain in your back and neck. It can also cause problems in other parts of your body. You may not realize these are linked to your spine. A chiropractor can care for your herniated disc and help your body heal.

### Exam

Chiropractic care begins with an exam. You are asked about pain and any other concerns. Your chiropractor looks at the structure of your skeleton and muscles, and checks how your body moves. X-rays may help your chiropractor find your herniated disc. You may also have a spinal misalignment or other problem. If so, your chiropractor can find these issues.

### Care and Management

Chiropractic adjustments and exercises may make you feel better. Orthotic devices or other options may help. You may benefit from a continuing care plan. Your chiropractor can create a plan that is right for your needs.

