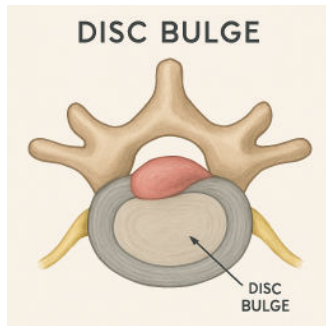


## Lumbar Disc Displacement Disorders

Lumbar disc problems are a common source of low back pain, and understanding the differences between them is key. The most common disc-related cause of low back pain is a **disc bulge**.



**Disc Bulge:** A disc bulge occurs when the outer layer of the disc protrudes broadly, most often toward the back of the spine (less commonly toward the front). Causes include repetitive stress, poor posture, minor back injuries that develop over time, genetics, or weak core stability. In most cases, disc bulges progress gradually rather than appearing suddenly. Typical symptoms of a disc bulge can range from no symptoms to intense local and referred pain and in some cases there may be pain into the lower extremities (radiating pain or numbness and tingling).

### Treatment Options

- **Chiropractic Adjustments**  
Gentle manipulative therapy that restores joint mobility, reduces nerve pressure, and improves spinal alignment.
- **Decompression Traction**  
Applies gentle, intermittent traction to relieve nerve pressure, flush out irritants from the disc, and draw in fresh nutrients and fluid to aid healing.
- **Laser Therapy (LLLT/HLLT)**  
Stimulates cellular repair and regeneration, reduces inflammation and pain, and shortens recovery time.
- **Shockwave Therapy**  
Delivers mechanical waves to tight or scarred tissues, improving circulation, breaking down adhesions, restoring elasticity, and reducing muscle spasms.
- **Electrotherapy (Ultrasound/EMS/Combo)**  
Decreases inflammation, relaxes muscles, and alleviates pain.
- **Flexibility & Exercise Therapy**  
Stretching improves muscle pliability, while strengthening and stability exercises support the spine, protect soft tissues, and help prevent recurrence.

