

## **I have a spinal and disk problem, can I still go to a Chiropractor?**

Disk problems come to chiropractors in many different stages. The mildest is the bulging disk. The more severe, is the ruptured disk. Managing the bulging disk through chiropractic adjusting, stretching and proper exercise can be extremely effective.

Results depend upon age, chronicity, cause and pre-injury health. Like the jelly filled doughnut, improper weight bearing on the spine can cause the filling to come to the edge, or in the most severe of cases right out. Spinal care tries to correct and prevent such occurrences by maintaining proper movement and alignment.

The ruptured disk is a case of pain and patient management. Team effort is required.