



## Treatment for Slip Disc

Slip disc is a back injury commonly found in adults with active lifestyles, bad postures and weak muscles. It is treatable but with proper precautions and treatments and does not require surgery. A slip disc is profusion from one of the discs in the spine due to a leak of a liquid like substance due to an injury in that area. The bulge is what makes the injury look like a disc has been dislocated. To prevent this from happening prevention is better than cure. Proper warming up and exercising to strengthen the muscles helps resolving the swollen area. A hot pack can help reduce the pain as it relaxes the muscles. There are many ways for [slip disc treatment in Delhi](#). Let's go through other ways of treating and preventing a slip disc incident from happening.

# Slip Disc Bulge

**Slip Disc Bulge can cause the disc cartilage and nearby tissue to fail, allowing the inner gel portion of the disc to escape into the surrounding tissue.**



**If you are suffering from pain,  
We can help you!**

A herniated disc or a slip disc down in the spine could put pressure on one or more nerves in the back that could cause a pressed nerve. This gives a sharp excruciating pain. This could give signals to the brain making it think the pain goes all the way from the lower back to your calf or foot. Muscle relaxants and painkillers are usually prescribed by orthopaedics in order to reduce the pain and should be taken properly in the assigned dosages. Although there won't be any side effects but if you notice any inform the doctor immediately. A belt that gives support to the back is also prescribed for slip disc patients. Consult the Orthopaedic to know proper use of this belt and you can do so in any [physiotherapy centre in Delhi](#).

Make sure these splints are changed periodically as they may wear out or become loose. If you have a slip disc there are some precautionary measures you must take so as to not make it worse. It is advisable not to lean forward, squat and do other exercises that involve bending the back. A good mattress should be used to ensure that the spine is positioned correctly.

Avoid sleeping in positions that involves bending of the back in a anyway. Proper rest is advisable as any physical injury follows the RICE treatment i.e. Rest, Ice, Compress and Elevate. Healing will take time and the condition can only get better if you allow appropriate rest to the back.



Slip disc treatment in Delhi is available at many clinics such as [Recover Clinic in Defence Colony, South Delhi](#). It is detrimental that you know which method works for you in your condition. The best way is to consult an Orthopaedic who is a bone specialist rather than trying to treat it yourself. If your work demands exercise then you must reconsider it.