Before seeing a chiropractor for degenerative discs

Use these steps from the article to decide whether chiropractic care suits your degenerative disc disease.

- [ ] Go to an emergency department for groin numbness, bladder or bowel changes, or new sexual problems.
- [ ] See a doctor first when leg or arm weakness, numbness or tingling is getting worse.
- [ ] Bring any MRI or X-ray reports and a list of past spinal surgery to the first visit.
- [ ] Ask the chiropractor to use gentle mobilisation or flexion-distraction instead of forceful thrusts.
- [ ] Tell the chiropractor about osteoporosis, a spinal fusion or metal rods before treatment starts.
- [ ] Stop treatment and seek review when pain keeps rising after each session.
- [ ] Do the home exercises you are given, and walk most days.
- [ ] Stop smoking and work toward a healthy weight to lower the load on your discs.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/chiropractor-for-degenerative-disc-disease/