Before you see a chiropractor for a herniated disc

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

- [ ] Go to an emergency department for bladder or bowel loss, saddle numbness or loss of feeling in the legs.
- [ ] See a doctor first when leg weakness, numbness or tingling is getting worse.
- [ ] Bring any MRI report to the first chiropractic visit.
- [ ] Tell the chiropractor about all health conditions and medications.
- [ ] Ask for low-force techniques such as flexion-distraction or gentle mobilisation.
- [ ] Stop treatment when leg pain, numbness or weakness increases.
- [ ] Avoid heavy lifting and twisting for the first 6 weeks.
- [ ] Stay gently active with walking, swimming or yoga once severe pain eases.
- [ ] Book a medical appointment when pain has not improved after four to six weeks.

Notes

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