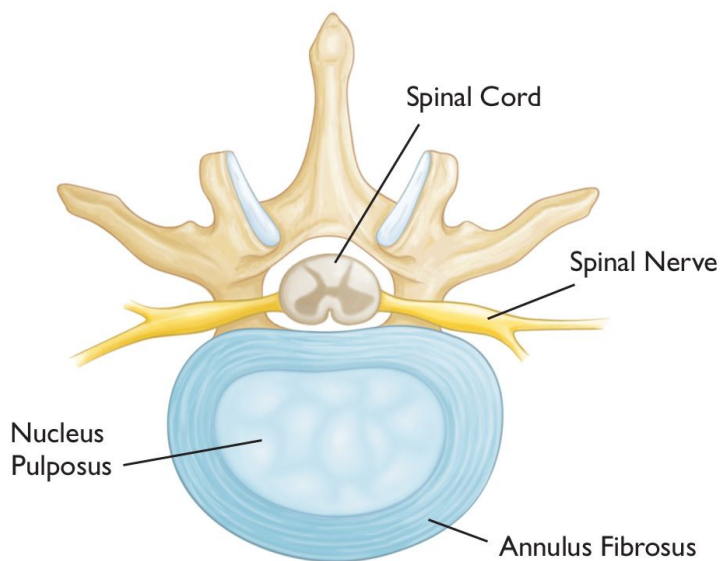


Deep Dive- Intervertebral Disc

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Overview

- Our discs are essentially pressurised water cushions held in by a fibrous shell — brilliant engineering that has evolved over millions of years to absorb the compressive impacts of daily life.

Disc Injury

- Disc pain can be brutal. If it's shooting down your leg- that's radiculopathy (nerve root pain). It can feel like burning, stabbing, electric pain, or a deep aching that stops you in your tracks. If that's you, you're not imagining it- it's real. But it's also a very treatable cause of back pain and the vast majority of patients recover well.

Healing Mechanism

- Did you know that given time your disc can heal itself? Research consistently shows that in 7 out of 10 cases, a herniated disc resorbs on its own. Patients managed carefully with the right structure are therefore extremely likely going to avoid surgical intervention.
- Your body recognises the disc material as foreign tissue and sends immune cells to clear it, like a natural clean-up crew. The human body has more capacity to heal than you've been told.

Citation:

[Spontaneous resorption of herniated lumbar discs: illustrative cases - PMC](#)

Treatment

- Recovery has a starting point. Before anything else- pain relief, sleep, diaphragmatic breathing (to calm the nervous system), and gentle movement. Get those right first to achieve a baseline of comfort and control. Once you're there, that's when we start to progressively load the disc in a safe clinical environment. Build the foundation before you build the strength back.
- This is where rehabilitation comes in. Physical therapy and Chiropractic care have both been shown to support disc recovery- not by doing the healing for you, but by creating the conditions your body needs to heal itself.
- Chiropractic care works to restore movement to joints that have become restricted, reduce load on the surrounding tissues and calm an overprotective nervous system. Bespoke rehabilitation progressively loads the disc, restoring strength and retraining movement patterns that may have been altered during the acute phase.

- At the office we are not just treating your pain. We're aiming to support the biology of recovery.

Key Message

- Your disc is alive. It adapts. It heals. So rather than protecting it, start gentle loading-even in the early stages. Progressive movement beats rest every time. You don't need to protect your back from life. You need to build it back into life.