

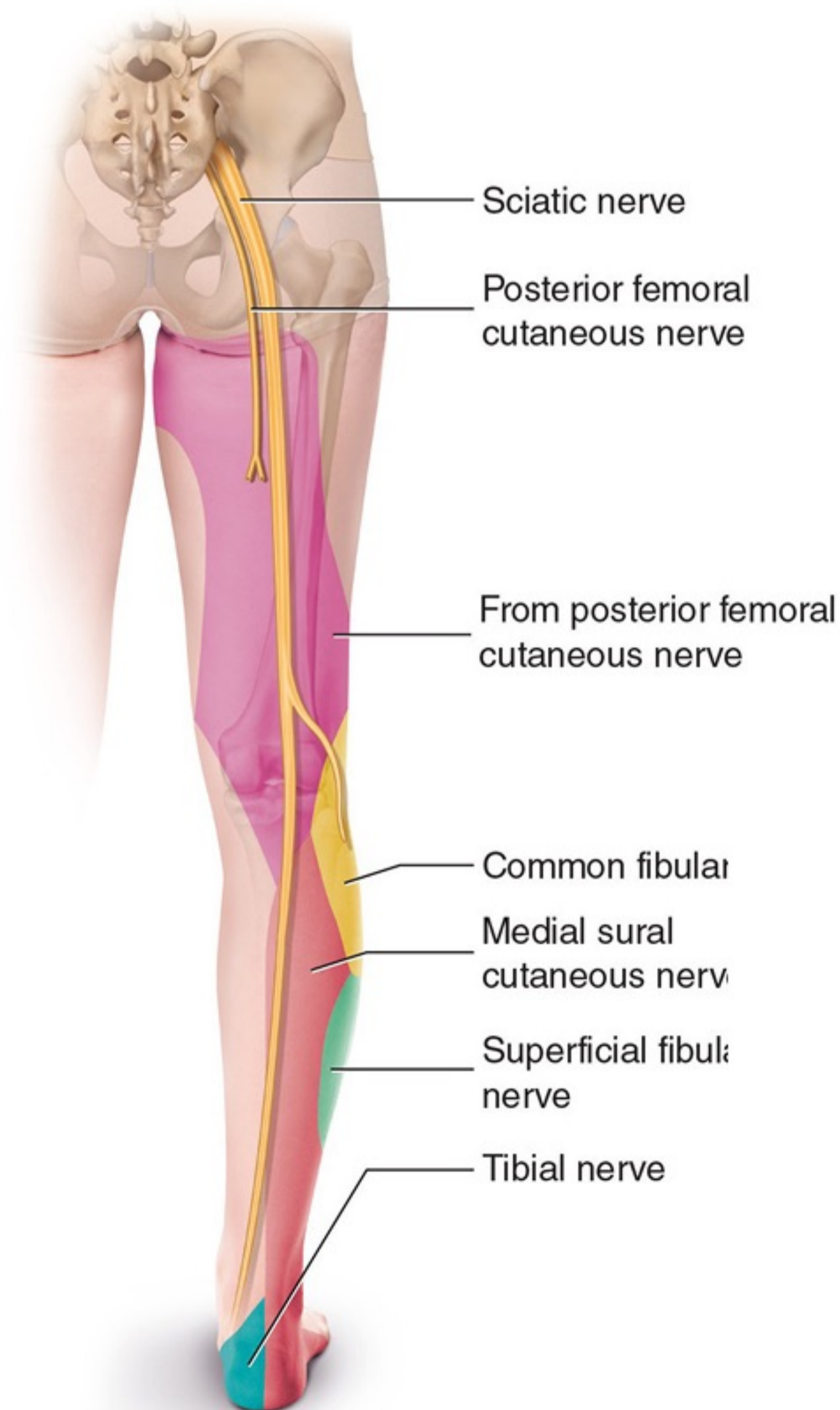
Herniated Disc  
Self-Check Guide

# How to recognize disc-related nerve pain and what you can do about it

Short educational guide from Mauldin Clinic of Chiropractic

# Could Your Pain Be Coming From a Herniated Disc?

Many people live with disc injuries for months without realizing what is causing their pain. Check if these symptoms sound familiar.



Pain gets worse when sitting

Pain travels from the lower back down the leg

Pain when bending forward

Pain when getting up from a chair

Tingling or numbness in the leg or foot

Leg pain that feels worse than the back pain

If several of these apply to you, your pain may be coming from pressure on a nerve in the spine.

# What Is a Herniated Disc?

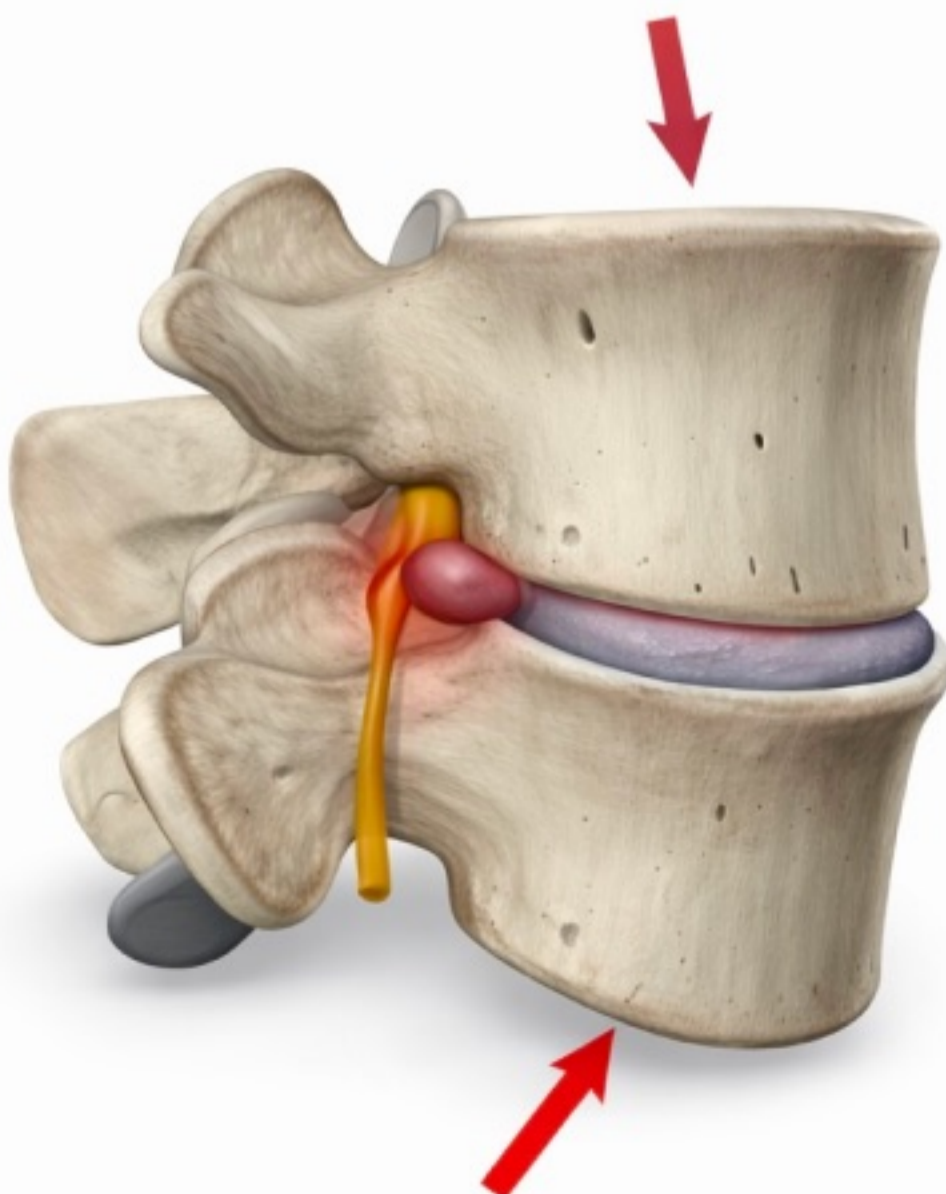
Your spine is made of bones called vertebrae

Between each vertebra there is a disc that acts like a cushion. These discs allow the spine to move and absorb pressure.

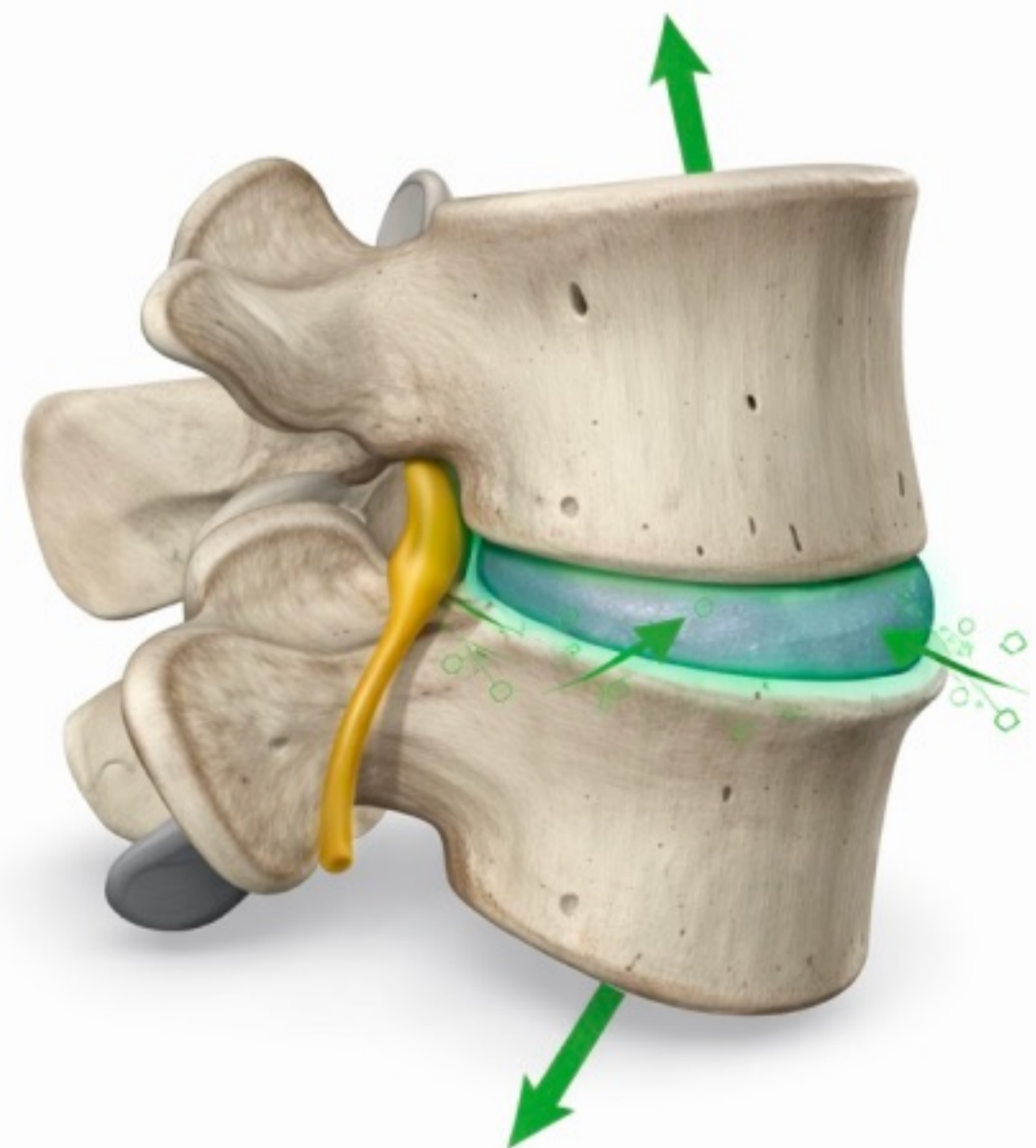
Sometimes a disc bulges or herniates. When that happens, the disc can press directly on a nearby nerve. And nerves are extremely sensitive.

Even small pressure on a nerve can cause sharp pain, tingling, or numbness. This is why disc injuries often create pain that travels down the leg

**HERNIATED DISC**



**DECOMPRESSED DISC**



# Why Does the Pain Travel Down the Leg?

Many people believe their pain is in the leg. But in many cases, the real problem is in the spine. When a disc presses on a nerve in the lower back, that nerve runs all the way down the leg.

When the nerve becomes irritated, pain may travel:

through the buttock



down the thigh

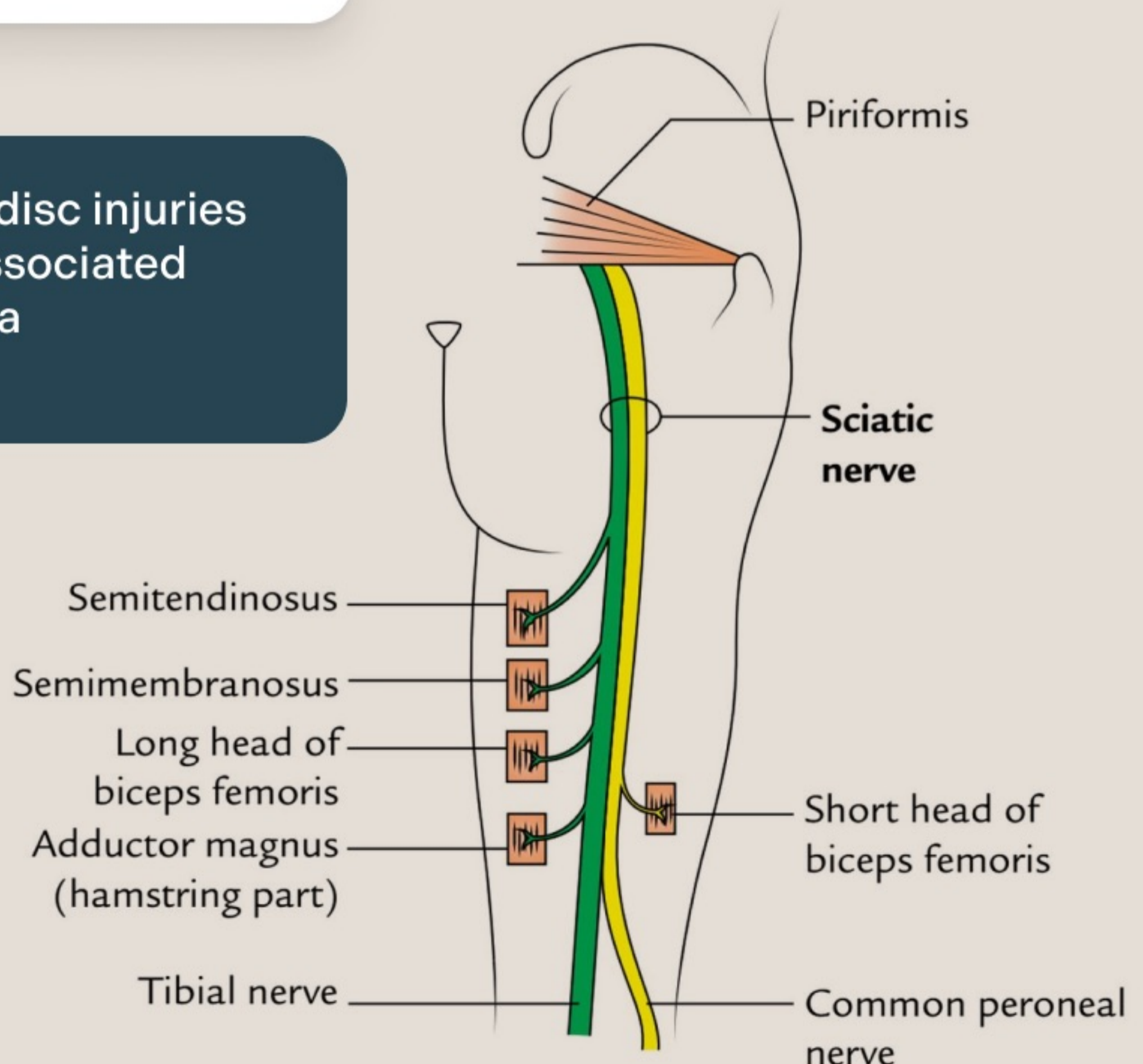


into the calf



sometimes into the foot

This is why disc injuries are often associated with sciatica



# 3 Common Mistakes That Make Disc Pain Worse

## ❗ Sitting too long

Sitting places more pressure on the discs in the lower spine than standing



## ❗ Repeated bending forward

Bending forward increases pressure inside the disc



## ❗ Lifting with a rounded back

Poor lifting mechanics can aggravate disc injuries.

Small daily habits can have a big effect on disc pressure



# Conservative Options for Disc-Related Pain

Many people assume surgery is the only option for disc injuries. But many patients explore conservative care first.

Common conservative approaches include:

mobility and stabilization exercises

chiropractic care

spinal decompression therapy

posture and movement correction

The goal of conservative treatment is simple:

Reduce pressure on the irritated nerve and allow the body to recover



# How Spinal Decompression Helps Disc Injuries


When a disc presses on a nerve, the most important goal is reducing that pressure. Spinal decompression therapy gently stretches the spine. This creates space between the vertebrae and reduces pressure inside the disc.

As pressure on the nerve decreases, many patients notice:

→ less leg pain

→ reduced tingling or numbness

→ improved movement



For many patients, decompression is used as part of a conservative approach before considering surgery

# The Mauldin Clinic of Chiropractic

What Our Patients Say



X  **Ruby Phillips**  
1 review

★★★★★ 2 years ago

Since receiving treatments at The Mauldin Clinic of Chiropractic it has been a rewarding experience. The decompression and adjustments has allowed me to accomplish tasks again that I thought would be impossible. After just a few weeks my symptoms and pain has improved significantly. I am able to walk, sit and stand for longer periods of time thanks to Dr. Matt and his wonderful, and caring team.

X  **IvyLou**  
Local Guide · 75 reviews

★★★★★ Edited 2 years ago

My husband Karl has been seen for 1st time for consultation and x-rays staff and Dr. Eiken were very informative and listened and understand my pain. Will see in 2 days for 1st adjustment.

After several adjustments Dr. Eiken suggested I do Decompression, he was right on spot! I have been feeling better and my movement has greatly improved. I still have more adjustments and Decompressions left, but I will only get better

THANKS, Dr. Eiken

X  **Paul Wootten**  
1 review

★★★★★ a year ago

I have been going to the Mauldin Clinic for about three years. Matt is always very professional and caring. I also love the decompression table. It complements the massage process perfectly. I would recommend Matt to anyone who is looking for a new chiropractor.

X  **Brett Gosizk**  
Local Guide · 31 reviews

★★★★★ 6 years ago

I have been using chiropractic Care for 30 years & must say Dr. Mathew is a great doctor. Very caring people (him & his wife) who truly care about you and your well-being. He has helped my bad back time & time again. I have herniated discs and he has helped me so much I can golf again. I highly recommend this facility!!!!

X  **BERRY Jacobs**  
Local Guide · 22 reviews

★★★★★ 4 years ago

I have been a patient here for a few months now. My quality of life has increased. I am now starting the spinal decompression therapy here. I am in hopes that this will cure my pain once and for all. With Dr Matt's personnel experience on the equipment I feel very comfortable and trust them completely.

X  **MrsVisko**  
4 reviews

★★★★★ Edited a year ago

More recent update: Dr.Matt helped alleviate all of my sciatica pain. Unfortunately I ended up with a bulging disc from a separate incident and continued to go to Dr.Matt and his team to help with that issue. I began decompression therapy and I am now pain free! He and his entire team are fantastic and I highly recommend Dr Matt.

X  **Lorie Irick**  
7 reviews

★★★★★ 7 months ago

I was in much agony with a bulging disc. The office got me in the same day. I was adjusted with care and left with much relief and knowledge of my condition.

# When Should You Have Your Spine Evaluated?

You may benefit from having your spine evaluated if:

- pain travels down your leg
- you feel numbness or tingling
- sitting makes your pain worse
- pain has lasted several weeks

Many patients discover disc problems only after months of pain.

The sooner the cause is identified, the easier it is to address



**\$49**

Decompression Consultation  
and Discovery Session

Schedule your visit using  
the link in our profile



(864) 329-1515

[themauldinclinic.com](https://themauldinclinic.com)

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