

# Lumbar Disc Bulge

## Body Part

Lumbar Spine (lower back)

## Condition:

Lumbar disc bulge is a classification of a disc herniation injury, often incorrectly called a 'slipped' disc, also often confused with disc protrusion/extrusion, which are different disc herniation injuries.

## Summary

The intervertebral discs sit between each vertebra in our spinal column, allowing our spines to move in all directions. A disc bulge is an extension of the intervertebral disc beyond the vertebral body of at least 2mm. Often disc bulges will be circumferential, especially if degenerative, but can also be in one direction in particular, this is more likely with an acute disc injury. It is very common for people to have disc bulges and not experience any pain or symptoms, and often not even know they have one.

## Symptoms:

Pain in the lower back is commonly felt over the level of the disc bulge, especially when an acute injury is sustained. There may or may not be referred pain into the buttocks or legs, this depends on the direction of the disc bulge, and whether any nerves have been affected. It is also common to have muscle spasm and pain with a disc bulge injury.

## Treatment:

Initially, reducing pain is the most important thing. Find comfortable positions to rest in, make sure you move within your comfortable range of movement regularly - every 20-30 minutes at least, use pain relief and/or antiinflammatories as required, you may find heat and/or ice help to reduce your pain as well.

Once the pain has settled down, restoring movement is the next step. This is a good time to seek physiotherapy advice and treatment. Once your areas of decreased movement and strength have been identified, your physiotherapist can work with you to improve your function

through manual treatment and exercise prescription. As easily as a disc bulge can occur, they can also recede back to their anatomical position

### Prognosis:

With the correct education and treatment, many people will be moving again within a couple of weeks, and back to their previous level of function within six weeks.

### Further information:

For further information, please contact our friendly team at Gen Health.



Picture Link: <https://www.columbiaspine.org/condition/herniated-disc/>