SPINE & NERVE SYMPTOMS

6 RECENT BLOG POSTS / PART 1 OF 3

Know what your symptoms may be telling you

ARTICLE 01 / DISC & NERVE HEALTH

Herniated Disc Symptoms and When to Seek Care

A herniated spinal disc does not always cause intense back pain. Some people feel aching or stiffness, while others notice burning, tingling, numbness, or pain that travels into a leg or arm. A lower-back herniation can irritate nerves and cause sciatica; one in the neck may affect the shoulder, hand, or fingers.

An examination looks at your symptom pattern, strength, sensation, reflexes, and how movement affects pain. Many people improve with a personalized conservative plan that may involve activity changes, guided exercises, rehabilitation, and appropriate hands-on care. Imaging is helpful in selected cases, but a scan alone does not tell the whole story.

KEY POINT

Get urgent help for new bladder or bowel changes, saddle numbness, or rapidly worsening weakness.

SCAN TO READ

ARTICLE 02 / FREE PATIENT RESOURCE

Understanding Pain: A Free 12-Page Patient Guide

Pain can raise difficult questions. Why do symptoms linger? What does an imaging report mean? When is movement helpful? Dr. Adam Roussel created a free 12-page guide to make these conversations easier and give patients a practical starting point for understanding recovery.

The guide explores why pain and tissue damage are not always the same, how the nervous system can become more protective, why imaging needs clinical context, and how movement may support recovery. It also covers ways to measure progress beyond pain scores, the elements of an individualized plan, and signs that require prompt medical attention. A worksheet helps you write down goals and questions for your next visit.

KEY POINT

Scan the QR code to open the blog post and access the free guide.

SCAN TO READ

Educational information only; not a substitute for individualized medical evaluation or treatment.

PERSONALIZED CARE & DISC HEALTH

6 RECENT BLOG POSTS / PART 2 OF 3

Understanding options and making informed choices

ARTICLE 03 / CHOOSING CHIROPRACTIC CARE

What Makes Riverbend Family Chiropractic Different?

Choosing a chiropractor involves more than finding the nearest office. Look for a provider who listens carefully, reviews your history, performs a thoughtful examination, and explains whether conservative care is appropriate. Disc symptoms, sports injuries, and recurring neck or back pain may all require different assessments and treatment approaches.

At Riverbend Family Chiropractic, Dr. Adam Roussel, DC, MOT, DIANM, brings advanced orthopedic and neuromusculoskeletal training to an individualized approach. Recommendations may include chiropractic care, targeted rehabilitation, soft-tissue treatment, or other options when indicated. Patients should understand the purpose of each treatment, the goals being measured, the expected follow-up, and when referral or further testing is warranted.

KEY POINT

The right plan should be clear, individualized, and reassessed as you progress.

SCAN TO READ

ARTICLE 04 / UNDERSTANDING YOUR MRI

Bulging Disc vs. Herniated Disc: What's the Difference?

A bulging disc extends beyond its usual boundary across a broader portion of the disc. A herniation is generally a more localized displacement of disc material through a weakened area. Either finding may cause discomfort, but some people have these changes on imaging and experience no pain at all.

When a nerve is irritated, symptoms can include radiating arm or leg pain, tingling, numbness, or weakness. A clinician considers your history, examination, nerve function, daily limitations, and imaging when needed. Many patients start with individualized, non-surgical care, while persistent severe symptoms or progressing neurologic changes may require additional medical evaluation. An MRI finding is one piece of the puzzle—not the entire diagnosis.

KEY POINT

Neither a bulge nor a herniation automatically means surgery is necessary.

SCAN TO READ

Educational information only; not a substitute for individualized medical evaluation or treatment.

BACK PAIN & TREATMENT OPTIONS

6 RECENT BLOG POSTS / PART 3 OF 3

Practical strategies for more comfortable movement

ARTICLE 05 / EVERYDAY BACK CARE

Back Pain From Sitting: Causes and Relief

Long periods at a desk, in a car, or on the couch can aggravate an already sensitive back. The problem is not always sitting itself; remaining still, limited hip movement, muscle fatigue, or an underlying spinal condition can all contribute. Many people notice stiffness when standing or a dull ache that worsens throughout the day.

Try supporting your lower back, keeping your feet stable, adjusting your screen height, and changing positions regularly. Brief standing or walking breaks every 30 to 60 minutes may help. Exercise should be gentle and suited to your symptoms. If discomfort travels into the leg, numbness persists, or pain continues to worsen, a clinical assessment can help identify the cause and guide appropriate care.

KEY POINT

The best posture is often the next posture: move and change positions frequently.

SCAN TO READ

ARTICLE 06 / NON-SURGICAL OPTIONS

Is Spinal Decompression for Sciatica Right?

Sciatica describes pain, tingling, burning, or numbness that travels along the nerve pathway into the leg. Its causes vary. In selected cases involving disc-related irritation, computer-controlled spinal decompression may be considered as part of a non-surgical treatment plan. The table delivers gentle cycles of traction and relaxation to the spine.

Decompression is not suitable for everyone, and it should not replace a careful examination. Fractures, severe osteoporosis, certain conditions involving instability or infection, and other concerns may make treatment unsafe. At Riverbend, an individualized plan may combine decompression with exercise, mobility work, chiropractic care, and practical activity guidance when appropriate. Progress should be monitored and treatment adjusted if symptoms worsen or do not improve.

KEY POINT

Start with an evaluation: sciatica is a symptom pattern, not a single diagnosis.

SCAN TO READ

Educational information only; not a substitute for individualized medical evaluation or treatment.