

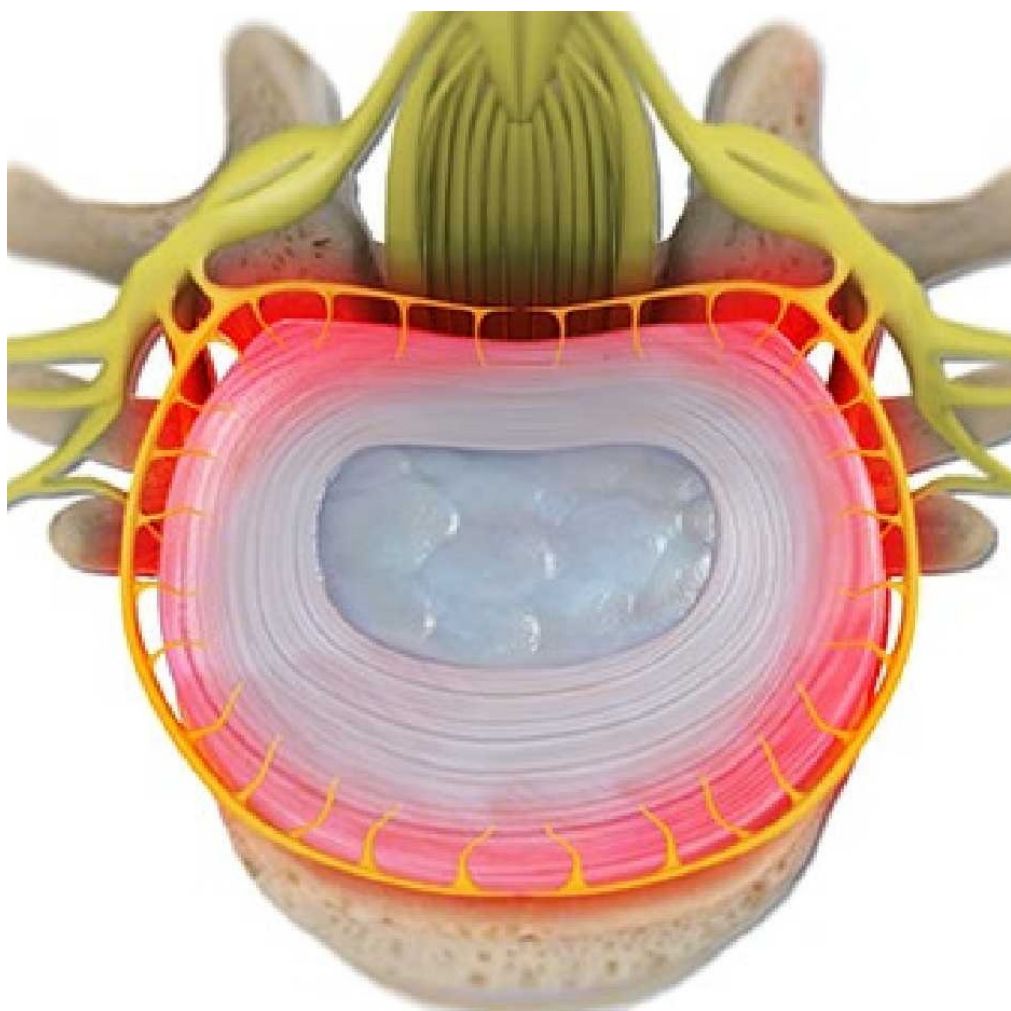
Discogenic Pain

Overview

Spinal discs cushion the spinal bones (vertebrae) above and below them, and allow the spine to move in a variety of directions. These discs have nerves that give the sensation of pain when the disc is injured or weakened. This is called discogenic pain and is different than pain caused by a spinal cord nerve.

Causes and Symptoms

Discogenic pain occurs when the tiny nerves in the outer disc walls are irritated. This happens when the disc is injured and the disc wall tears, allowing fluids from the disc nucleus to touch the nerves. Discogenic pain can feel sharp or dull, and may vary in frequency and intensity. Discogenic pain is felt in the spine and is different than pain that travels to other parts of your body (radiculopathy).



Treatment

Discogenic pain can be treated in many ways. Nonsurgical options include physical therapy, chiropractic treatments, oral medication, ointments, and rest. Some disc injuries require surgery to reduce or eliminate discogenic pain.