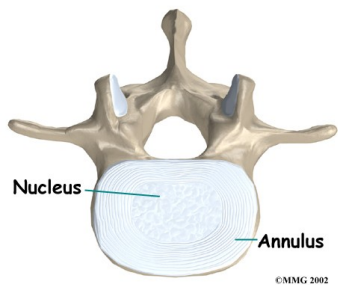




# What is Disc Pain?

## What is a disc and what is its function?

Discs consist of a liquid sponge-like part in the middle (nucleus pulposus) and an outer fibrous tissue (Annulus)



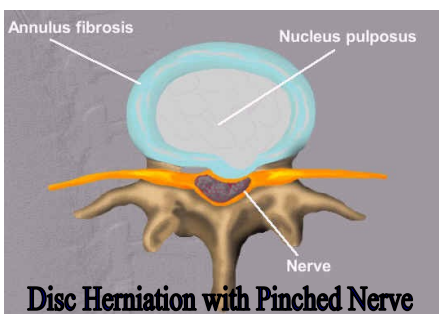
It is a very important structure in providing the movement of the spine (moving forward and backward) and also in transmission of weight, when we sit, stand or walk.

- **Disc Herniation:** A Herniated disc will pinch on the nerve and cause the pain shooting in the leg (sciatica). This mostly happens in an injury, but also in a degenerated disc due to aging. If the pain is only of short duration, then anti inflammatory and pain medication together with physical therapy can be enough. But if the pain persists, then you will need an epidural block.

At THE PAIN CENTER, we have

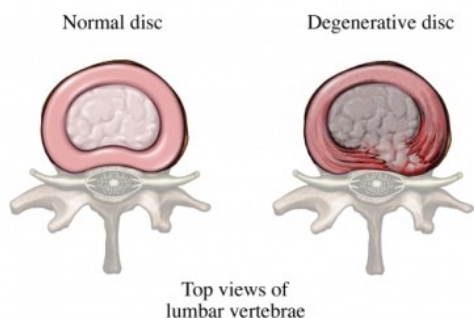
fluoroscopy machine that can look into your spine and place the medication at the exact point. This will relieve your pain. Sometimes, you may need a facet block, if that is contributing to the pain.

In more than 90% of patients, these blocks are enough to relieve the pain. However, a few may need open surgery if the herniated disc is very severe and blocks didn't relieve the pain.



Surgery in the back or neck should be a last resort, because there is no guarantee that it will relieve the pain. Sometimes, the surgery can even make it worse. Various surgeries include: laminectomy, disc replacement or spinal fusion.

- **Degenerative Disc Disease**— The disc starts degenerating at a young age, but more so after 40. Water in the disc is absorbed. It becomes compressed, affecting the movement of the spine and causing pain. It can also become herniated and cause sciatica. This can be associated with facet arthritis.



Disc Degeneration and Pinched Nerve

Together with medication and physical therapy, epidural injection, facet blocks and Rhizotomy, most of your pain will be relieved. In few situations, surgery may be needed in the form of a spinal fusion.

**Auto Injury?**  
 Call for a **FREE Report & Appointment**  
*"What insurance companies don't want you to know"*  
**(586) 757-4000**  
 THE PAIN CENTER'S  
**Auto Injury Clinic**  
 27423 Van Dyke \* Warren, MI 48093  
**WWW.THEPAINCENTERUSA.COM**

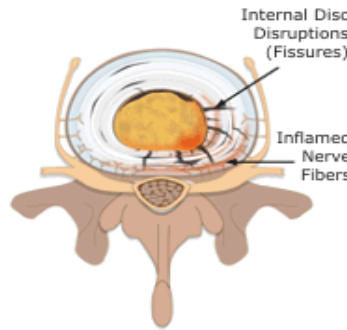
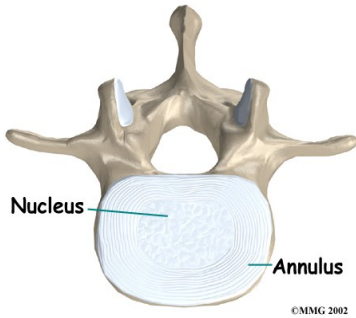
# What is Disc Pain?

- Internal Disruption of Disc**

Many times in automobile accidents, or other injuries, all of the tests, (MRI, CT scan, EMG) all come back normal. But the pain is still there. This is due to an internal injury in the disc—discogenic pain.

About 30% of back pain patients will have discogenic pain with internal disruption of the disc that does not show up on regular tests.

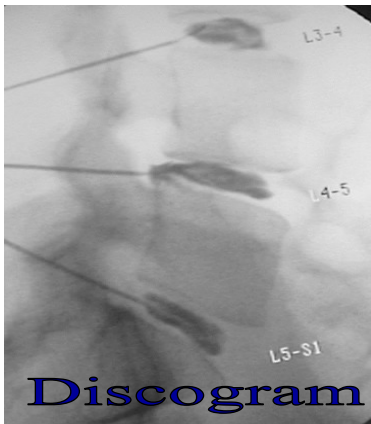
You may have a normal MRI and still have pain related to the disc.



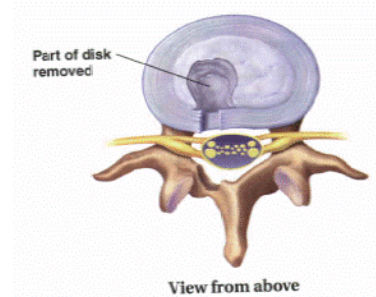
At THE PAIN CENTER, we have the diagnostic tests (provocative Discogram) to prove it, and then treat it by various different procedures, such as percutaneous discectomy by decompressor, IDET, Biculoplasty, etc.

without any open surgery!

## Decompressor

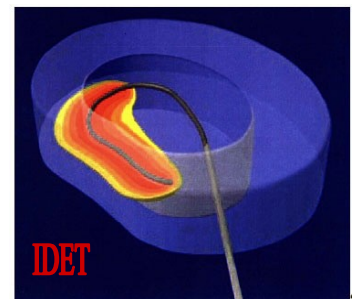


**Discogram** : A Discogram is an examination of the disc. Dye is injected in the center of your discs to determine which disc has structural damage and whether it is causing pain. Ct scan immediately after the discogram will then show an annular tear inside the disc.



**Decompressor**: Procedure in which the central portion of the disc—the nucleus pulposis, that is herniated and is causing the pain is removed.

**IDET/ Biculoplasty**: IDET (Intradiscal Electrothermal Therapy) uses a probe inserted into the disc to heat the tissues within the effected disc causing the tissues to heal, therefore reducing your pain.



THE PAIN CENTER is now emailing our patients the latest discoveries in pain management  
Call us at 586-757-4000  
Provide us with your email address

There is an answer, and it's not surgery



### THE PAIN CENTER

27423 Van Dyke  
Warren, MI 48093

**BACK PAIN RELIEF  
NECK PAIN RELIEF**

THE PAIN CENTER is a patient-centered facility designed to decrease your pain and improve your lifestyle.

Reinvent your life with pain experts who are accountable for your pain relief, well being and peace of mind.

IMAGINE A PAIN FREE LIFE

# THE PAIN CENTER



**BACK PAIN RELIEF  
NECK PAIN RELIEF**

**HIP & LEG PAIN  
ARTHRITIS-DEGENERATIVE  
SCIATICA • PROLAPSE DISC  
SHOULDER PAIN • KNEE PAIN**

**THERE IS AN ANSWER AND IT'S NOT SURGERY.**

**ALL SPECIALISTS ON SITE**

Interventional Pain Management • Anesthesiologist  
Physical Medicine & Rehab • Surgeon • Psychologist • Physical Therapist

**For A Free Consultation Call:**

**1-586-757-4000**

**WWW.THEPAINCENTERUSA.COM**