

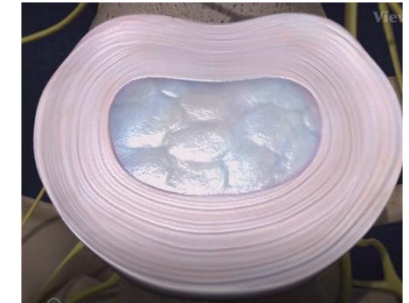
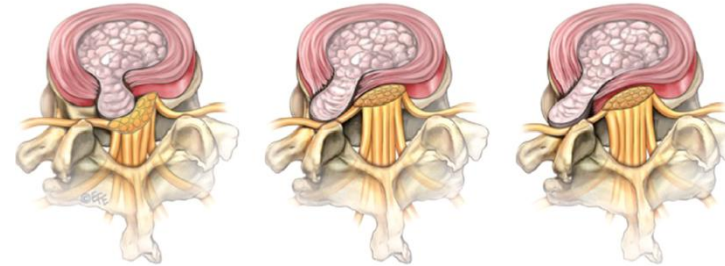
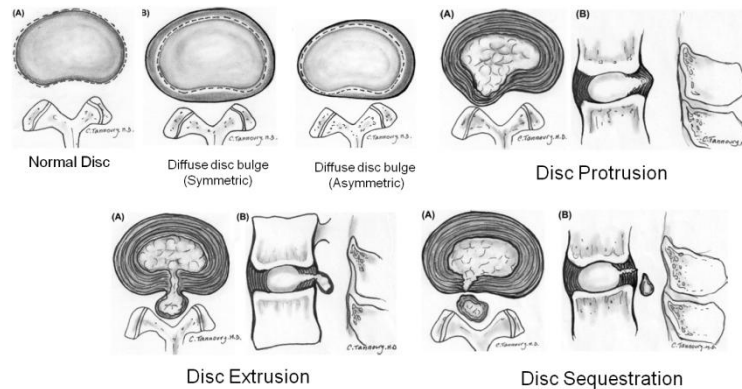


Dr. Shankar Acharya

Regd. No.3095/DMC

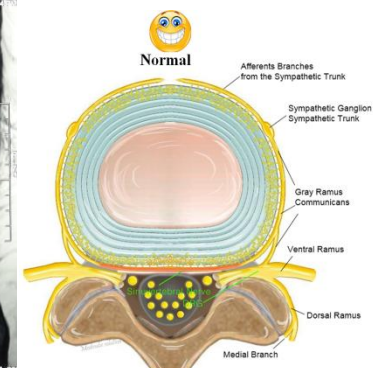
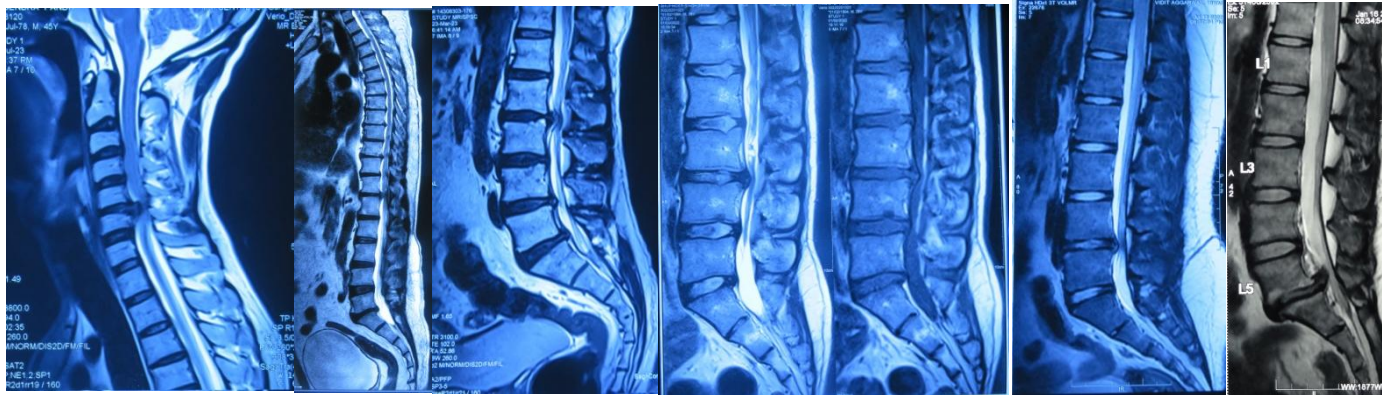
M.S. (Ortho), DNB (Ortho), FRCS (Glasgow) FRCS (Edinburgh)
FRCS (Orthopaedics) (London), M.Ch. (Orthopaedics) Liverpool
Spine & Deformity Fellowship, (Birmingham) U.K., Spine Fellowship Munster (Germany)
Spine Fellowship (USA)
Senior Consultant & Chairman Department of Ortho Spine Surgery
Professor Dept. of Orthopaedic & Spine Surgery

HERNIATED DISC



HEALTHY DISC

A **herniated disc**, also known as a slipped or ruptured disc, is a common condition that affects the spine. It occurs when the soft, jelly-like center of a spinal disc pushes out through a tear in its tougher outer layer. This can irritate nearby nerves, causing pain, numbness, or weakness in the back, legs, or arms, depending on the location of the herniation.



What Causes a Herniated Disc?

- **Wear and Tear:** Aging causes spinal discs to lose their flexibility, making them prone to damage.



Regd. No.3095/DMC
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- **Injury:** Sudden heavy lifting or an accident can lead to a disc herniation.
- **Repetitive Movements:** Activities involving frequent bending or twisting may put stress on the spine.
- **Genetics:** Some people inherit a predisposition to developing herniated discs.

SYMPTOMS OF A HERNIATED DISC

In the Neck (Cervical Spine):

- Pain that radiates to the shoulders, arms, or hands.
- Numbness or tingling in the arms.
- Muscle weakness affecting grip strength.

In the Lower Back (Lumbar Spine):

- Sharp or shooting pain in the back, buttocks, thighs, or legs (sciatica).
- Weakness in the legs or feet.
- Difficulty standing or walking for long periods.

General Symptoms:

- Persistent back or neck pain.
- Worsening symptoms during certain movements or prolonged sitting.



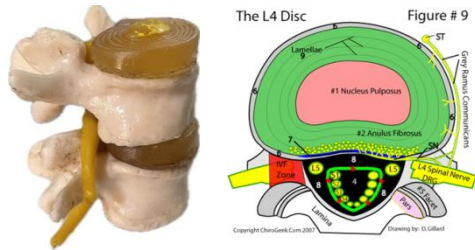
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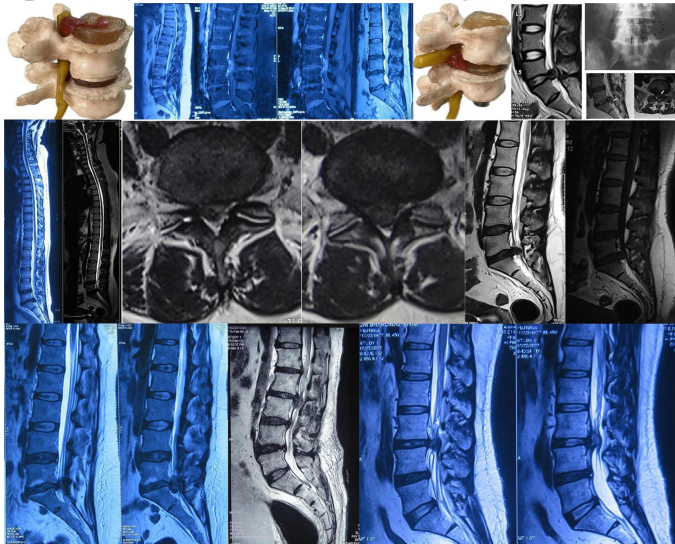
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LUMBAR DISC HERNIATION

The lumbar spine is located in your lower back and supports much of your body's weight. Between each vertebra (the small bones that make up your spine), there are soft, gel-like discs. These discs act like cushions or shock absorbers, allowing your spine to move smoothly.



When one of these discs becomes damaged or slips out of place, it's called a **lumbar disc herniation**. You may also hear this condition referred to as a "slipped disc" or "prolapsed disc." The herniated disc can press on nearby nerves, causing pain, numbness, or weakness, especially in the lower back, legs, or feet.





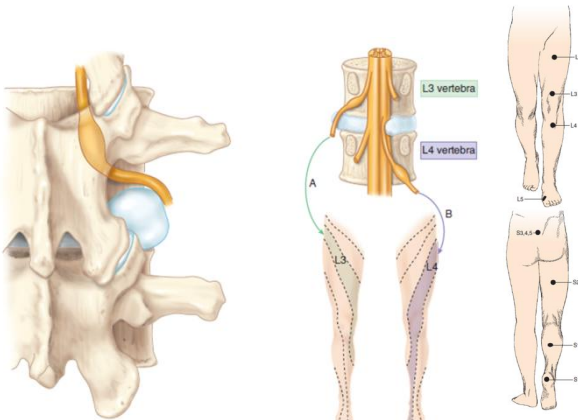
Common Causes of Lumbar Disc Herniation

Lumbar disc herniation can happen to anyone, but certain factors increase the risk:

1. **Age:** As you grow older, discs naturally wear down and lose flexibility, making them prone to damage.
2. **Injury:** Sudden trauma or heavy lifting with improper posture can cause the disc to herniate.
3. **Repetitive Strain:** Jobs or tasks that involve frequent bending, twisting, or heavy lifting may contribute to disc herniation.
4. **Genetics:** Some people inherit a tendency for weaker discs.
5. **Lifestyle:** Lack of exercise, smoking, or being overweight can put extra strain on your spine.

SYMPTOMS LUMBAR DISC HERNIATION CAN CAUSE A RANGE OF SYMPTOMS:

- **Lower Back Pain:** This is the most common symptom and may feel sharp, burning, or dull.
- **Pain That Travels:** Pain may radiate down the leg (sciatica), usually on one side.
- **Numbness or Tingling:** These sensations may occur in the lower back, buttocks, or legs.
- **Weakness:** You might feel weak in the affected leg or find it harder to lift objects or walk.
- **Bladder or Bowel Issues:** In severe cases, difficulty controlling urine or stool could indicate a medical emergency called **cauda equina syndrome**.





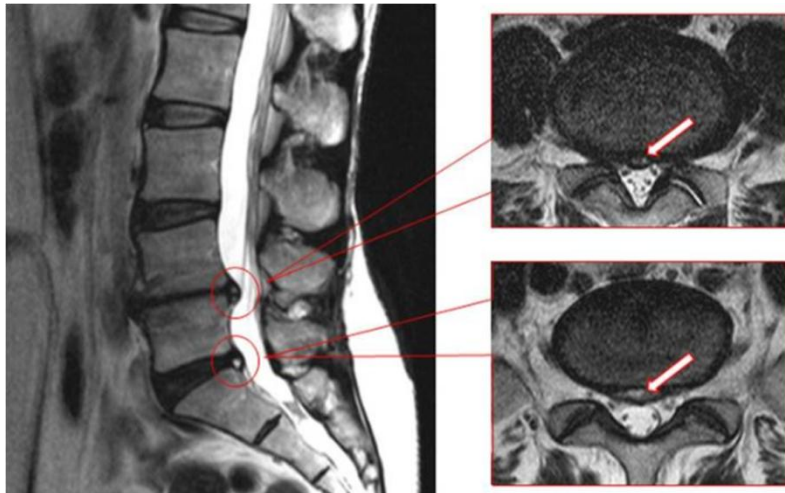
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How is Lumbar Disc Herniation Diagnosed?

To diagnose lumbar disc herniation, your doctor will:

1. **Ask About Symptoms:** Sharing details about your pain, numbness, and lifestyle helps guide the diagnosis.
2. **Perform a Physical Exam:** Your reflexes, muscle strength, and ability to walk or bend will be checked.
3. **Order Imaging Tests:**
 - **X-rays:** To rule out other causes of pain, like fractures.
 - **MRI:** Provides a detailed view of the disc and surrounding nerves.
 - **CT Scan or Myelogram:** Sometimes used to confirm the diagnosis.

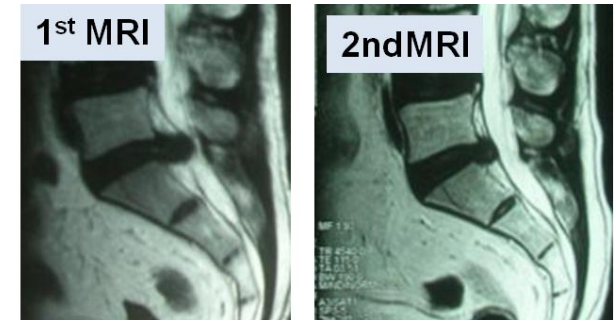




TREATMENT OPTIONS

1. Non-Surgical Treatments

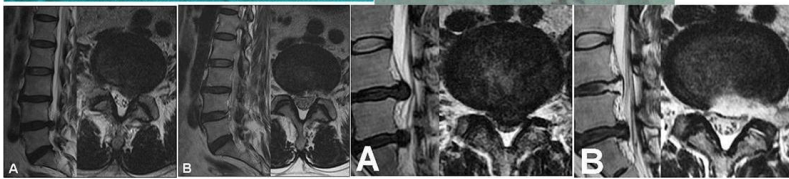
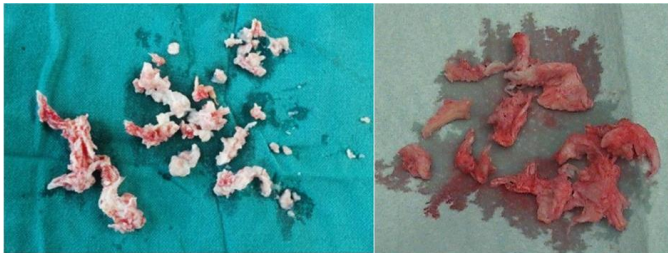
- **Rest and Activity Modification:** Avoiding heavy lifting or prolonged sitting can reduce strain on the spine.
- **Medications:** Over-the-counter pain relievers or anti-inflammatory drugs can provide relief.
- **Physical Therapy:** Strengthening and stretching exercises improve flexibility and support the spine.
- **Heat and Ice Therapy:** Helps reduce pain and inflammation.
- **Epidural Steroid Injections:** A shot near the affected nerve can offer temporary relief.



2. Surgical Treatments

If non-surgical methods don't work or symptoms worsen, surgery may be needed. Dr. Shankar Acharya specializes in modern, minimally invasive techniques, which ensure faster recovery and less pain.

- **Microdiscectomy:** A small portion of the herniated disc is removed to relieve nerve pressure.
- **Laminectomy:** In some cases, part of the bone around the spinal canal is removed for extra space.





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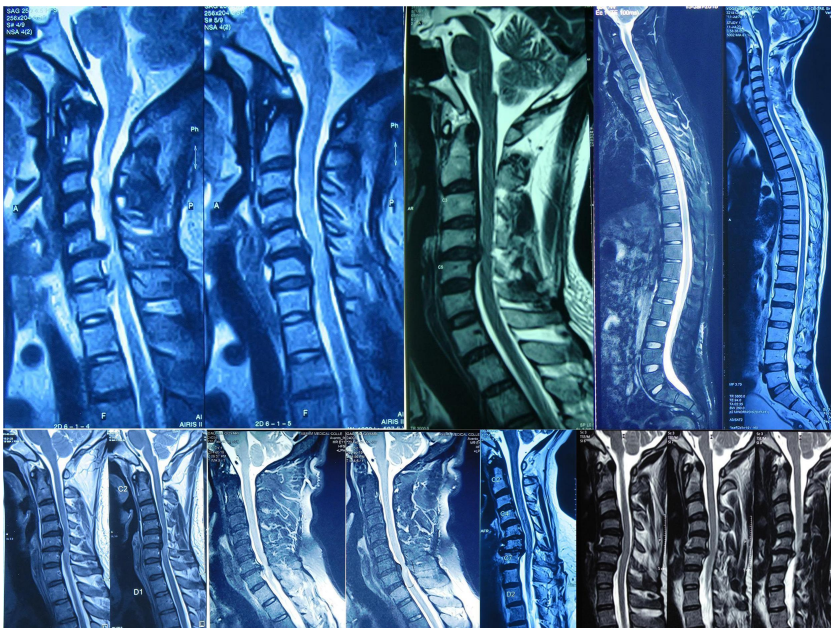
Preventing Lumbar Disc Herniation

Simple lifestyle changes can protect your spine:

1. **Exercise Regularly:** Strengthen core muscles to support your back.
2. **Maintain Good Posture:** Sit, stand, and lift properly to avoid strain.
3. **Stay Active:** Avoid prolonged sitting, whether at work or home.
4. **Quit Smoking:** Smoking accelerates disc degeneration.
5. **Healthy Weight:** Extra weight adds pressure to your lower back.

CERVICAL DISC HERNIATION:

Cervical disc herniation is a condition that affects the discs in the neck (cervical spine). These discs act as cushions between the bones (vertebrae) of your spine, helping with movement and absorbing shock. When one of these discs is damaged or slips out of place, it can press on the nearby nerves, causing pain and discomfort.





What Causes Cervical Disc Herniation?

Cervical disc herniation can happen for several reasons, including:

- **Age-Related Wear and Tear:** Over time, the discs lose flexibility and become more prone to injury.
- **Sudden Injury or Trauma:** Accidents or heavy lifting can put excessive pressure on the spine.
- **Repetitive Strain:** Activities involving repetitive neck movement or poor posture can increase the risk.

Symptoms of Cervical Disc Herniation

- **Neck Pain:** Often sharp or burning, it may radiate to the shoulders or arms.
- **Numbness or Tingling:** A "pins and needles" feeling in the arms, hands, or fingers.
- **Weakness:** Difficulty lifting objects or gripping, due to weakened muscles.
- **Headaches:** Pain at the base of the skull or spreading to other areas.

How is Cervical Disc Herniation Diagnosed?

If you have persistent neck pain or other symptoms, a doctor may recommend:

1. **Physical Examination:** Checking for pain, weakness, or numbness in the neck, arms, and hands.
2. **Imaging Tests:** X-rays, MRIs, or CT scans to identify the herniated disc and assess nerve compression.
3. **Nerve Tests:** Occasionally, tests like EMG (electromyography) to evaluate nerve function.





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Treatment Options :

Treatment depends on the severity of symptoms and may include:

1. Non-Surgical Methods:

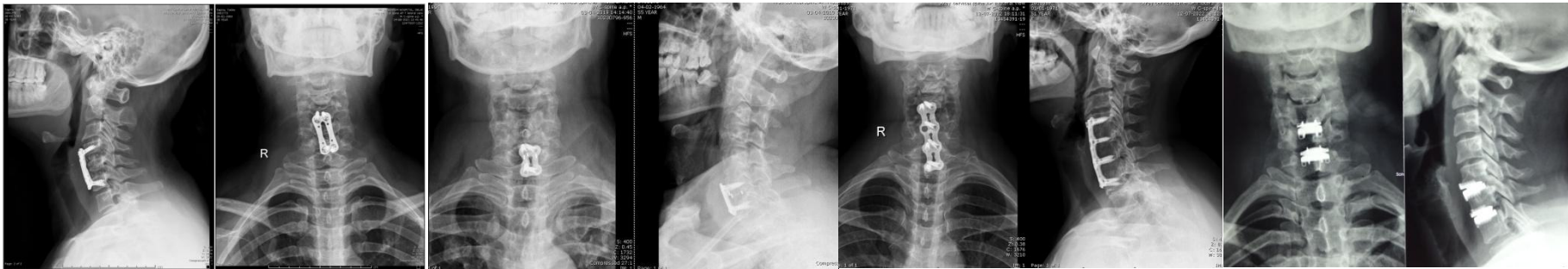
- **Medications:** Pain relievers, anti-inflammatory drugs, or muscle relaxants.
- **Physical Therapy:** Exercises to strengthen neck muscles and improve posture.
- **Lifestyle Changes:** Adjusting activities to avoid strain and improve ergonomics.
- **Cervical Collar:** Temporary use to support the neck and reduce pain.

2. Minimally Invasive Procedures:

- **Epidural Steroid Injections:** To reduce inflammation and relieve pain.

3. Surgical Intervention (for severe cases):

- **Discectomy:** Removal of the herniated portion of the disc to relieve pressure on the nerve.
- **Spinal Fusion or Artificial Disc Replacement:** Stabilizing the spine or replacing the damaged disc.





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Can Cervical Disc Herniation Be Prevented?

While not all cases are preventable, you can reduce the risk by:

- Maintaining good posture, especially during long hours of sitting or computer work.
- Avoiding heavy lifting or repetitive neck movements without proper technique.
- Staying physically active to strengthen the muscles supporting your spine.
- Using ergonomic furniture and equipment.

When to See a Doctor?

- Persistent or worsening neck pain.
- Numbness, tingling, or weakness in the arms or hands.
- Difficulty performing daily tasks due to reduced strength or mobility.



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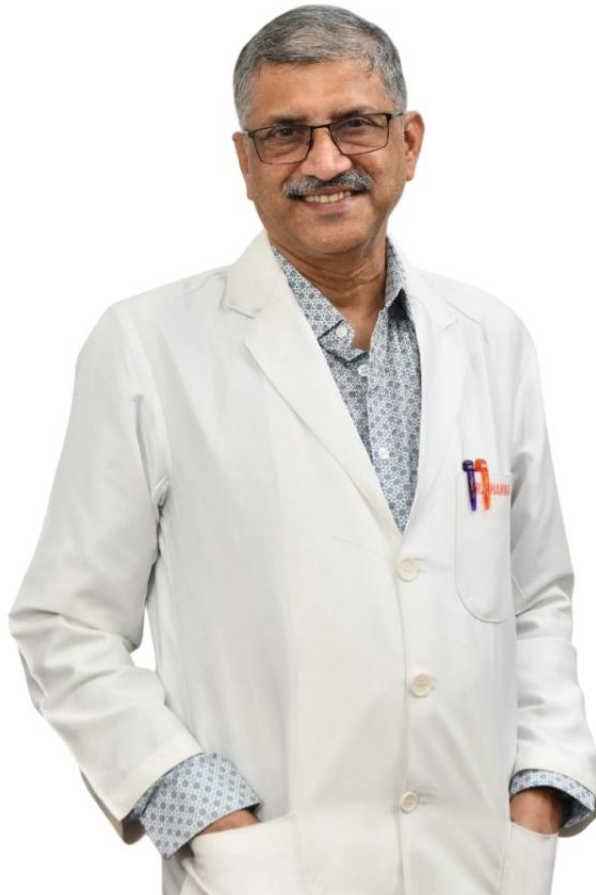
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Dr. Shankar Acharya: Expert Care for Spine Health

With over 30 years of experience, Dr. Shankar Acharya, a senior consultant and spine surgeon at Sir Gangaram Hospital, New Delhi, specializes in treating conditions like cervical disc herniation. If you or a loved one is facing neck or nerve-related issues, expert diagnosis and treatment are just a call away.

Let's work together for a healthier, pain-free spine!



SIR GANGA RAM HOSPITAL

Trust of Generations

Address:- Room No. G-1, Ground Floor,
Ortho Department, Old Rajender Nagar,
New Delhi - 110060, India
Tel. +91-11-25750000, +91-11-42254000
Timings: Pvt. OPD: 2:00 P.M. to 5:00 P.M.
For Appointments Visit: www.sgrh.com
For Appointments Call:- +91-11-42254000,
+91-11-25750000
For Admission, Call: +91-11-42251000-7
Email Address: spinecaredelhi@gmail.com,
spineshankar@gmail.com



Dr. Shankar Acharya's Private Clinic
Address:- 21, Kailash Enclave, Ground Floor,
Near Saraswati Vihar, E-Block Bus Stand,
Pitampura, Delhi-10034, India
Timings: 8:00 P.M. - 9:00 P.M. (Monday to Friday)
For Appointments Call:- +91-98109-12174,
+91-8586963525 (after 5:00 P.M.)

Official Website

www.SpineSurgeonInIndia.com