Chiropractor Near Me in Beaverton Explains How to Treat a Lower Back Herniated Disc Without Medications or Surgery

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True Potential Chiropractic, a clinic in Beaverton, OR, that offers the services of a chiropractor near me Beaverton residents can rely on, has recently published a blog post that explains the treatment for a lower back herniated disc without the need for medications or surgery. A herniated disc is also known as a ruptured disc, protruding disc, or bulging disc, and it is one of the most common causes of lower back pain including the associated leg pain. This particular condition happens when the soft center of a spinal disc is able to push through a crack in the exterior casing. But it is important to note that not all herniated discs will have symptoms and require an intervention.

There are a number of possible causes of a herniated disc. These include: the spontaneous occurrence of a herniate disc due to an accident injury or incorrect lifting; repetitive movement and a number of recreational or occupational activities; aging, which causes the spinal discs to become dry, hard and brittle; smoking; genetics; and obesity.

The symptoms of a herniated disc include: a sharp or burning pain in the lower back; numbness or tingling often radiating into the hip, leg, and foot; pain that radiates from the low back area, down one or both legs, and sometimes to the feet; pain like an electric shock activated by standing, walking, or sitting; increased pain from exercise; muscle spasms in the back or leg; muscle weakness, or knee or ankle reflex loss; foot drop symptom; and weakness or difficulty controlling bladder or bowel function.

Chiropractic care is a preferred treatment for herniated discs because it is non-invasive and does nor require drugs, which come with a number of risks. Specific chiropractic adjustments may also substantially speed up recovery and minimize the changes of a recurrence.

Meanwhile, aside from specific chiropractic adjustments, licensed massage therapists (LMTs) can also provide massage therapy Beaverton patients can use to recover from the usual life challenges. LMTs work in collaboration with chiropractic physicians to help with whiplash and auto accident injuries; jaw problems; traumatic injuries; strains, sprains, and muscle cramps; post surgery; and headaches, back pain, and neck pain.

They can also provide assisted one-on-one stretching, which targets certain muscles and connective tissues. This is usually combined with post-isometric relaxation (PIR) with traction and oscillation for the purpose of lengthening, realigning, and reorganizing the connective tissues called fascia. Their stretchologists are experts in enhancing the patient?s flexibility as early as the first session.

Established in 2013, True Potential Chiropractic is offering lifestyle care for everyone. This chiropractic practice has evolved through the years, they have evolved into one of the leading providers of family corrective care and wellness in the Pacific Northwest. Dr. Bryen Bell, who founded the clinic, is a specialist in offering non-medication solutions as the first choice in offering health care. He and his family had migrated to the Pacific Northwest during the summer of 2013 and it was then that he started the fully computerized and advanced corrective care family wellness center in Beaverton, Oregon. This is a family and sports rehab chiropractic practice that specializes in helping patients gain better health and wellness, by focusing on maintenance and prevention instead of only doing something after a health problem has already happened such as, pain, disease, or disability. His philosophy is based on the six laws of the human body, which are: diet, exercise, alignment, rest, stress management, and mindset. Dr. Bell earned his chiropractic degree (D.C.) and bachelor of science degree in human biology from the Cleveland Chiropractic College in Los Angeles.

When in need of assisted stretching Beaverton residents and those in neighboring areas can visit the True Potential Chiropractic website, or contact them through the telephone or via email. They are open from 9:00 am to 12:00 pm and then from 3:00 pm to 6:00 pm on Mondays, Tuesdays, and Thursdays; from 3:00 pm to 6:00 pm on Wednesdays; and from 9:00 am to 11:00 am on Fridays and Saturdays.

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For more information about True Potential Chiropractic, contact the company here:True Potential ChiropracticDr. Bryen Bell503-574-4872drbell@tpcportland.com8283 SW Cirrus DriveBldg 15Beaverton OR, 97008

True Potential Chiropractic

True Potential Chiropractic is an award winning wellness center located in Beaverton OR. TPC is able to assist from prenatal to adults with their pain relief, personal injury and corrective care. Bodywork, stretch and chiropractic therapy is available.

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