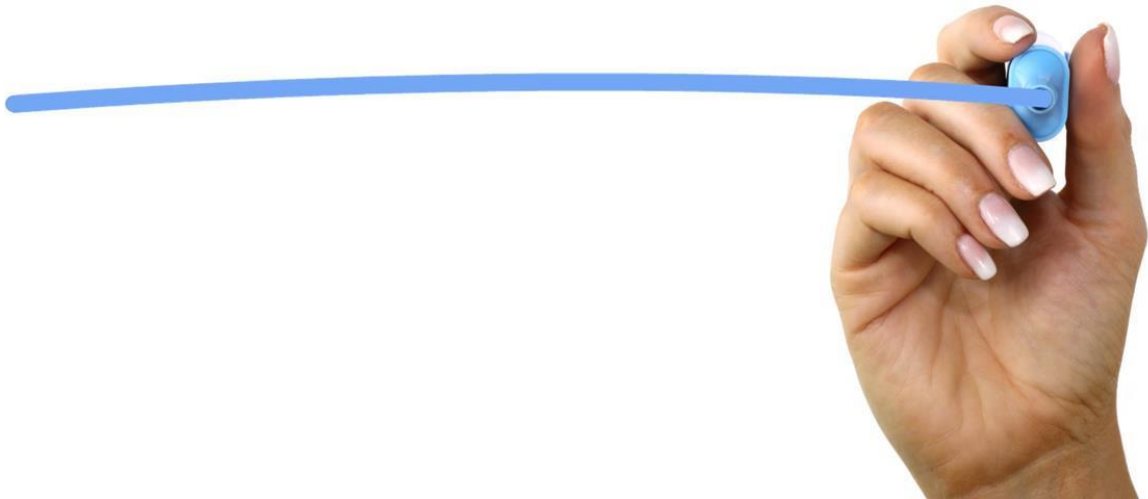


A Guide to Herniated Disc Pain Relief

PAIN RELIEF



What is a herniated disc? Well a herniated disc occurs when one of the discs located between the vertebrae bulges abnormally or ruptures altogether. These discs act as a sort of shock absorber between the vertebrae in your back. When one becomes injured, the result can be acute or chronic pain due to the compression of the disc on one or more of the nerves in the back. However, the good news in all this is that there are several options today to bring a patient relief from herniated disc pain.

The first course of action that a doctor may recommend is a day or two of bed rest. This could ease the most severe pain and give your spine a chance to begin the healing process. However, lying on your back for more than a day or two can be counterproductive to your recovery; after that you must find alternative means to herniated disc pain relief.

Medication for Herniated Disc Pain

Using medications is one of the most proven methods to bring pain relief for a herniated disc. These medications are often OTC pain relievers such as acetaminophen or ibuprofen. However, there may be times your doctor will prescribe a medication like an antidepressant, muscle relaxants or even corticosteroids. These prescriptions are generally reserved and prescribed for the most severe cases, when herniated disc pain relief is the most difficult to achieve.

Fortunately, there are several options in pain relief medications that your doctor can prescribe, so you stand a very good chance of finding a medicine that will offer some relief for your pain.

One of the best medications possible for this type of pain is kratom. There is more on that here: <https://www.ouchclub.com/kratom/where-to-buy-kratom-online>.

Other Types of Non-Surgical Treatment

There are other non-surgical treatments that can bring herniated disc pain relief. A common method is the use of hot and cold therapy, that is usually done with ice and heat packs. Ice packs are generally recommended as the initial means of herniated disc pain relief and can be used for fifteen minutes at a time, as often as needed.

Heat is also an effective means of herniated disc pain relief, but it should not be used in the first 48 hours since heat can increase inflammation and swelling when applied during this period. Once you can safely apply heat, you can alternate between the two methods or choose the one that brings the most relief to you.

Another non-surgical method for herniated disc pain relief may include bracing the affected area for a short time and using electrical stimulation along with other treatments to bring relief. One treatment that many people enjoys is hydrotherapy, which involves sitting in a whirlpool bath or performing exercises while in the water and can relax the muscles as well as provide relief from the pain. If these non-surgical methods are not effective in bringing herniated disc pain relief, you may need to investigate surgery. Discuss with your doctor what surgical options that you may have.