

DISC HERNIATION

Pain concentrated near spine or one spot

Radiating pain (down arms or legs), weakness, numbness or tingling

NSAIDs
Acetaminophen
Muscle relaxants
Steroid pack
Lidocaine patches
Heat/ice therapy

Done in conjunction

Physical therapy
Dry needling
Chiropractic care
Home exercise program
Massage therapy

NSAIDs
Muscle relaxants
Steroid pack
Lidocaine patches
Gabapentin

Done in conjunction

Physical therapy
Chiropractic care
Home exercise program

If no improvement

If no improvement

Medial branch block or radiofrequency ablation

Epidural steroid injections or intradiscal injections

Intrarecept

Nerve root blocks
Epidural steroid injections

If no improvement

If no improvement

Platelet-rich plasma
Stem cells (Bone marrow or adipose)

Disc allograft

Surgical options:
Discectomy
Spinal fusion
Barricaid
Disc replacement