



**WEBER CHIROPRACTIC OFFICE, S.C.**  
*Providing Choices in Complementary Health Care*  
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –  
Low Level Laser – Nutrition – Medical Weight Loss - Kinesiotaping



## ***I Have A Bulging Disc!***

The use of MRI studies to investigate neck and lower back pain gives us a great closeup of what is happening in the discs and joints of the spine. **The question remains: Is all of that information relevant when applied to a patient's pain patterns?** Many times, I have gotten MRI reports that indicate the patient's pain should be down the left leg when all of the pain is on the right side. A recent study from Korea reported just this year sheds some light on the prevalence of disc bulging, disc tearing and disc degeneration. Two neurosurgeons and a neuroradiologist read the MRI scans of 102 healthy individuals who have never had a single episode of back, neck, leg, hip or knee pain. The age range was from 14-82 years who attended a routine health screening. 81.4% had a lower back disc herniation and 75.8% had disc degeneration. More astounding was that 25% of the 10-19 year-olds had bulging discs. In studying the neck, 81% had a disc herniation and 95% had evidence of disc degeneration.

The question must then be asked, **“Why do some people have pain with disc problems and others do not?”** Often patients present stating that they have two bulging discs in their backs that have been giving them problems for years. If the bulging discs were the ongoing problem, then why have they had periods of time when they had no pain at all? **The answer is:** there can be more than one reason for back pain and the presence of a disc herniation may not even be part of the problem. In my practice, the most common problem for lower back pain is joint sprain and misalignment of the joints of the spine or pelvis. This will give you that sudden onset of pain when you bend over wrong or that gradual onset of dull lower back pain over time. **The solution to the pain is not injections into the back to control pain but to restore the normal motion of the misaligned joints through gentle manipulation.** We then try to teach patients more effective ways to use their spine when bending to avoid hurting themselves again. Based on the studies above, most of my patients had bulging discs when they came into the office and have them when they leave because they were not the cause of the pain. At times, with leg pain, discs do create pinching of the nerves exiting the spine and we use flexion-distraction in addition to manipulation to decrease the pressure on the nerves.

## ***I Have the Same Clubs as Tiger Woods Why Don't I Play Like Tiger?***

Often, I get patients telling me that they can get kinesiotape at the store or they should just get an adjusting instrument for use at home. Sure, you can find all these items for purchase somewhere, but would you know how to use them? Without proper training and understanding of the anatomy and physiology of these techniques, it would be like someone using the same clubs as Tiger and expecting similar results. I have advanced training in both instrument manipulation and kinesiotaping and can get you better in the most efficient ways.

***Again, thank you for being our patient!  
We appreciate you and look forward to serving you.***

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