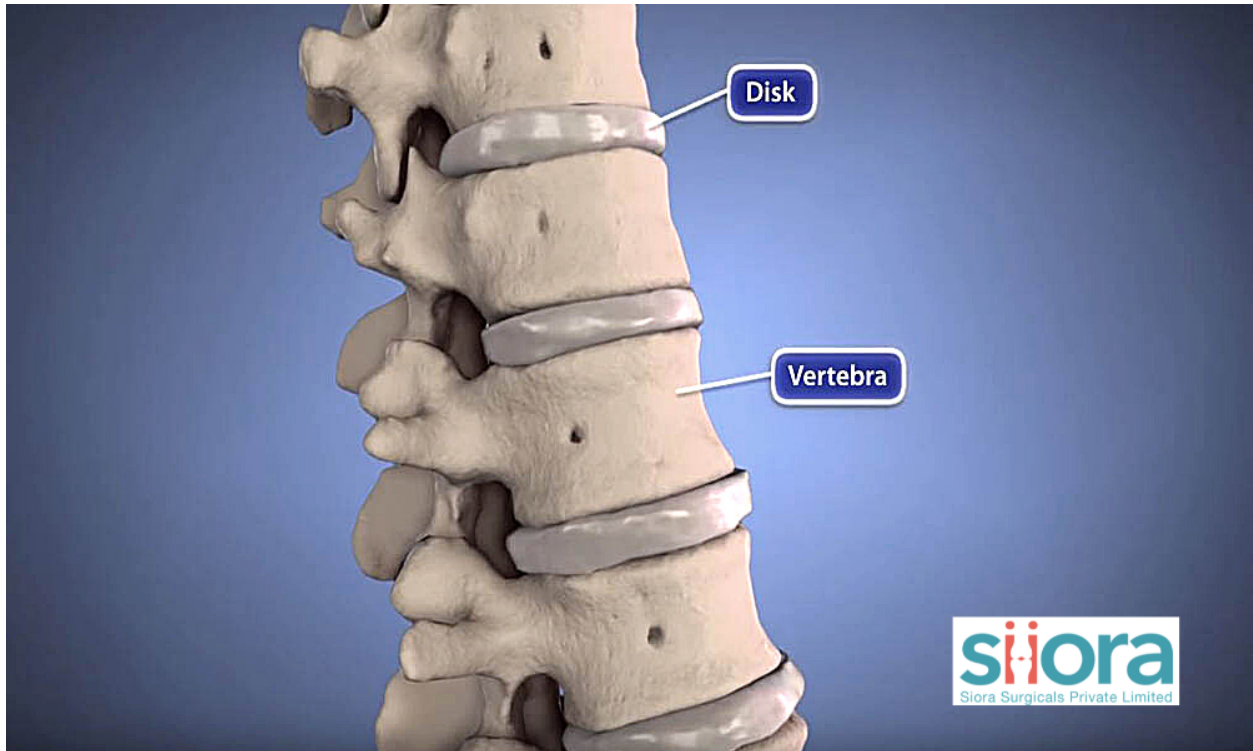


## Ways to Relieve Pain Occurring from Herniated Disc



A herniated disc is one of the commonest spinal problems that are noticed in people, especially the elderly. It is a painful condition characterized by rupturing of rubbery disks that serve as cushions between the vertebrae. Vertebrae are small bones that form the spine, and when spinal disk(s) get damaged, the pain in the affected area is common. In certain cases, the pain is severe, and the person won't be able to make any movement involving that region. Sometimes, walking, standing, and sitting also becomes difficult.

To treat severe herniated disc cases, surgery is often required and orthopedic devices like spinal implants are required. Find reliable [Orthopaedic Device Companies](#) to get CE-certified trauma implants.

Surgery is not the only option to relieve pain caused by herniated disc as, there are several other ways as well, and that's what we are going to discuss in the post.

## **Tips to getting Relief Pain Caused by Herniated Disc**

### **Relieve Inflammation**

Inflammation is mostly seen in people suffering from a herniated disc, and this is known to cause pain. Thus, the first method to relieve pain caused by the condition is to relieve inflammation and pain will gradually improve.

Now, to relieve inflammation, one can use heat or ice packs twice a day for around 10-15 minutes each. This will also help relieve pain. The healthcare provider may also prescribe anti-inflammatory drugs if these remedies fail to reduce inflammation.

### **Moderate Physical Activity**

You might wonder but yes, doing moderate physical activity may also be helpful in relieving pain as this releases endorphins, chemicals that help improve stress & pain. Such activities may include walking slowly using a treadmill or using a recumbent bicycle for cycling. If the pain is severe and does not improve with these methods, hydrotherapy may be helpful.

### **Ensuring Careful Movement**

Moderate physical activity is fine but, while making other movements, it is important to be careful as a slight mistake can put you in more trouble. The point here is to minimize the pressure on the herniated disc and for that, one needs to avoid wearing high heels, standing or sitting for a long time, and sleeping on the stomach. Besides all this, it is also important to avoid repetitive bending.

### **Consulting a Physiotherapist**

An experienced physical therapist can suggest targeted exercises that will not only help relieve pain but also minimize the chances of making herniated disc worse. So, the smartness lies in consulting a physiotherapist and taking sessions as

advised. This will also help make muscles stronger and reduce the pressure on the spine.

## **Medication**

Apart from everything that we have discussed above, over-the-counter medicines are also important in relieving pain and inflammation. These medicines may provide temporary relief but, they are required in certain cases to avoid making the pain worse. Remember, always consult the healthcare service provider for such medications as they may have certain side effects.

## **Surgical Intervention**

Surgery is the last step to relieve pain especially when the situation is serious, and no other treatment method is able to deliver positive results. Minimally invasive surgery is considered the best option in most cases as it is known to have high success rates.

For world-class quality spinal implants and other orthopedic devices, contact Siora Surgicals Pvt. Ltd., an Indian-FDA-approved trauma implants manufacturer. The company produces a huge range of CE-certified implants that are also exported to clients based in other countries. The products manufactured by Siora are approved by the Medical Device Authority (MDA) of Malaysia, and hence, it is also known as a reliable [Orthopedic Supplier Malaysia](#).

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