

# Herniated / Bulging Disc Injury

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The spinal column is comprised of 33 vertebrae with tiny fibrocartilage shock-absorbing rings called intervertebral discs that space out and cushion the vertebra from each other. **A bulging disc injury occurs when weakened tissue or injury causes the disc to protrude from the spinal column.** A herniation occurs when the disc bulge is significant. Also known as a slipped disc or prolapsed disc, this type of back injury causes **immediate and immense pain and discomfort.** Generally, a bulging or herniated disc is caused by age-related degeneration, but can also result from **traumatic, high-impact injury to the spine.**

If you or someone you love has **suffered a herniated disc as a result of negligence in an auto accident, workplace accident or vicious assault, you need an experienced catastrophic injury attorney** on your side to deal with law enforcement, insurance companies and other parties of interest so you can move forward and begin the process of healing. **You may be entitled to economic damages for medical expenses and non-economic damages for the detrimental effect your bulging or herniated disc injury has had on your life.** Contact an experienced attorney at Johnson Attorneys Group in California today at **1-800-208-3538.**



## How Does a Herniated / Bulging Disc Injury Happen?

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**When an injury to the spine at the cervical (neck), thoracic (mid-back) or lumbar (lower back) traumatizes a disc, it can protrude or 'bulge' into the spinal column.** A significant protrusion can also affect surrounding nerves with compression causing a

pinched nerve and cause pain at the site and possibly cause radiating symptoms to the extremities, like numbness or tingling. ***Here is a list of the most common types of accidents that result in a debilitating herniated or bulging disc injury:***

- Vehicle Accident
- Heavy Lifting
- Repetitive Movements
- A Severe Fall
- Sudden or Jarring Impact

## Treatment of a Bulging or Herniated Disc from Injury

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Treatment options for bulging or herniated disc injuries will be specialized for each individual by taking into account the location and severity of the injury as well as specific symptoms. For most patients, initial treatment of a bulging disc is conservative with ***rest, medication, exercise and physical therapy***. If pain persists your doctor may suggest options for open back surgery or other minimally invasive procedures as an alternative. ***Herniated disc injury treatment begins with trial and error of different conservative therapies and medications***. If symptoms do not improve between four to six weeks, you and your doctor will decide what surgical procedures are available to you.

## Contact an Experienced Back Injury Attorney in California at Johnson Attorneys Group Today

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Choosing representation by an ***experienced herniated or bulging disc attorney will help ensure you have an advocate to determine negligence and prepare the legal actions necessary*** to make sure you are ***awarded the maximum compensation possible***. Call [Johnson Attorneys Group](#) at **1-800-208-3538** for your complimentary, **free** case review – we do not charge any legal fees until we win or successfully settle your case. When you are injured as a result of someone else's negligence, it is very important to ***take action to safeguard your legal rights***. Learn more about [clients we've helped by viewing our case results](#).