

CHIROPRACTOR

Q

If I have a disc problem, do I have to have surgery?

ANSWER: NO!!! There are a lot of different treatment options to consider before having surgery and most disc problems can heal. It just takes time. Surgery should always be your last resort after a trial course of conservative care. I realize the importance of surgery and sometimes it cannot be avoided. I am very thankful to the surgeons that have operated on me over the years. As a chiropractor, I treat patients with disc problems every day and the complicating factors that go along with them. Most disc problems can be managed with conservative care. Only about 25% of people with disc problems even know they have a problem and the other 75% have no symptoms. If we increase the range of motion so the disc can get the nutrients it needs to heal, control swelling, modify bad spinal and postural habits and be patient, most people with disc problems can avoid surgery.



Dr. Klindt

**DEARINGER & KLINDT
CHIROPRACTIC
CARE CENTER,
PLLC**

107 N. 5th Street
Bardstown
502-348-3202