

Where Back Pain Begins

How herniated discs cause pain:

STEP 1

The fibers in the disc wall or annula begin to crack and weaken.

STEP 2

The cracks cause radial tears in and around sensitive nerve fibers in the disc wall.

STEP 3

The soft nucleus center of the disc pushes through to the outer wall of the annula along the tear. This causes local back pain at the disc level.

STEP 4

As the herniated disc pushes through the disc wall, it presses on the large nerve roots and causes pain to radiate down one or both legs.

