



AUGUST NEWS

What is lumbar disc degenerative disease (DDD)?

Have you ever bit into a decadent ice cream sandwich, only for the ice cream to squish out from all the pressure between the biscuits? It's terrible! Well it is a similar process with disc disease. Degenerative disk disease is when normal changes that take place in the disks of your spine cause pain.

Spinal disks are like shock absorbers between the vertebrae, or bones, of your spine. They help your back stay flexible, so you can bend and twist. As you get older, they can show signs of wear and tear. They begin to break down and may not absorb shock and pressure as well. Nearly everyone's disks break down over time, but not everyone feels pain. If you are experiencing constant lower back ache, any numbness and tingling, or if you have questions about your discs, please come in and see us – we can help!



MORTONS NEUROMA

The Morton's neuroma occurs at the base of the third and fourth metatarsals in the foot and is quite a common finding. The nerve in these areas are thicker than the other metatarsals and are at risk of compression injury.

Over time the compression of the nerve leads to enlargement of the nerve which in turn causes more compression.

PREDISPOSING FACTORS

- Biomechanics such as excessive pronation, high arches and flat feet.
- Narrow foot type.
- Constrictive footwear.
- High Heeled shoes.
- Repetitive trauma.

SYMPTOMS:-

- Pain in between the metatarsals or underneath the ball of the foot.
- Pain worsens when wearing shoes.
- Tingling and pins and needles in toes near to painful area.
- Shooting pain, sharp or burning pain in the area.

TREATMENT OPTIONS:-

- Changing footwear to better fitting shoes.
- Support such as orthotics/ arch supports.
- Steroid injections.
- Acupuncture.
- Neuroma Ablation.
- Surgery.
- Stretching particularly through the metatarsal joints and ankle joint.

If you are experiencing pain please give us a call and make an appointment on 9455 6009 and we can help.

