



## BACK PAIN CAUSED BY DISC DEGENERATION

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## INTRODUCTION

If you've ever experienced chronic back or neck pain that seems to flare up with activity and get better with rest, there's a chance it may be related to Degenerative Disc Disease (DDD)—a common condition that affects the spinal discs as we age.

Despite the name, Degenerative Disc Disease isn't actually a disease—it's a natural part of aging, where the spinal discs lose hydration, flexibility, and shock absorption over time. But for some people, this wear and tear can become painful and affect their quality of life.

## WHAT IS DEGENERATIVE DISC DISEASE

Between each vertebra in your spine are discs made of soft, gel-like centers surrounded by tough outer layers. These discs act like shock absorbers for your spine.

As we age, these discs gradually lose moisture, flatten, or develop tiny cracks and tears, reducing their ability to cushion the spine.

This degeneration can sometimes irritate nearby nerves or lead to instability in the spine, triggering pain, stiffness, or even numbness and tingling in the arms or legs

## COMMON SYMPTOMS

Degenerative disc disease most commonly affects the lower back (lumbar spine) and the neck (cervical spine). Here are a few signs to watch for:

- ✓ Persistent or recurring pain in the lower back or neck
- ✓ Pain that worsens with sitting, bending, or lifting
- ✓ Relief when lying down or walking
- ✓ Radiating pain into the hips, buttocks, arms, or shoulders
- ✓ Muscle weakness, numbness, or tingling in the extremities

Pain levels can range from dull and annoying to sharp and debilitating—and symptoms may come and go.



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## WHO'S AT RISK?

While aging is the leading factor, degenerative disc disease can also be influenced by:

**Genetics:** A family history of disc problems

**Lifestyle:** Smoking, obesity, and lack of exercise can accelerate disc degeneration

**Injuries:** Past trauma or repetitive stress can lead to early disc wear

**Occupation:** Jobs involving heavy lifting, twisting, or prolonged sitting

The good news? There are many ways to manage and treat it without surgery.

**Chiropractic Care:** Gentle spinal adjustments can improve mobility and reduce pressure on irritated nerves.

**Massage Therapy:** Therapeutic massage can relieve muscle tension and improve circulation to affected areas.

**Education & Prevention:** We'll guide you on posture correction, workplace ergonomics, and healthy movement habits to reduce daily strain on your spine.

In some cases, spinal decompression therapy or acupuncture may also be recommended to provide relief

## HOW CAN WE HELP?

At Rosedale Wellness Centre, our multidisciplinary team is experienced in diagnosing and treating Degenerative Disc Disease. We offer customized care plans to help reduce pain, improve mobility, and prevent further degeneration.

Here's how we approach this condition:

**Physiotherapy:** Targeted exercises and stretches help strengthen the muscles around your spine, improve flexibility, and stabilize your posture.

## YOU DON'T LIVE WITH CHRONIC PAIN

If you've been dealing with ongoing back or neck pain, don't write it off as "just aging." Degenerative Disc Disease is common—but with the right care, you don't have to let it limit your life.

Book a comprehensive assessment with our team and take the first step toward feeling better.

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## STAFF SPOTLIGHT



**Dr. Cho**  
**Chiropractor**

Have you met Dr. Cho?

Dr. Cho holds a BSc in Kinesiology from York University (2014) and a Doctor of Chiropractic from the Canadian Memorial Chiropractic College (2019). He is also a registered acupuncture provider.

With 5 years of experience across multidisciplinary clinics, he specializes in combining chiropractic care with Eastern medicine. Areas of interest include treating shoulder pain, TMJ, headaches, chronic low back pain, and sports injuries. Dr. Cho treats patients of all ages and manages conditions such as pregnancy-related pain, concussions, and Parkinson's. Treatment methods include manual care, laser, IFC (Interferential Current Therapy), and rehab exercises. Outside of work, they enjoy martial arts, hiking, movies, and traveling.

## CLIENT TESTIMONIALS



I am being treated by Dr. Suk (chiro) and Varuna (physio for a calisthenics-related injury), and they are both absolutely fantastic. Simply 10/10 in all aspects. Very happy that I was referred to them.

-Naji Shbaklo



@rosedalewellnesscentre

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