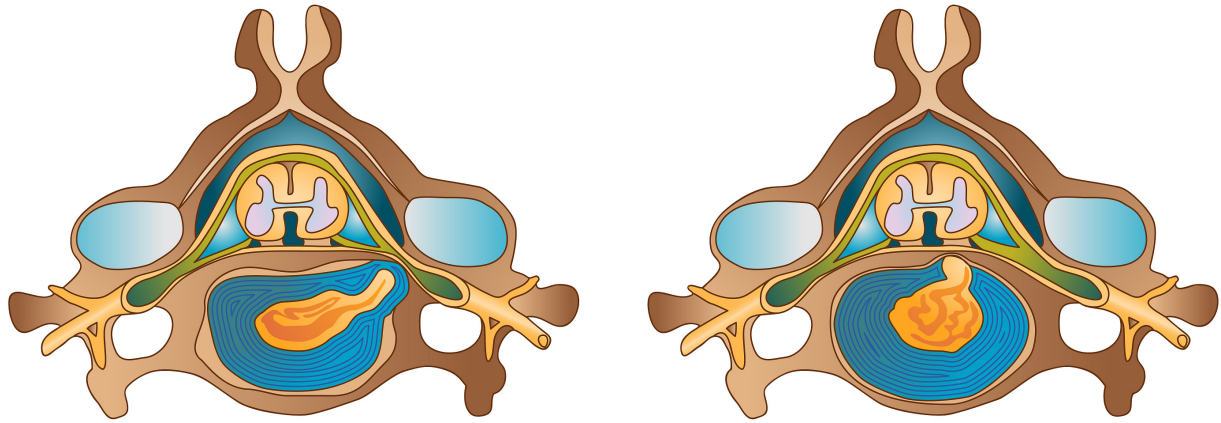


## Information Sheet



Protrusion of the intervertebral disc

# Spinal Disc

## *A bulging disc, what is that?*

It can occur in your lumbar spine (lower back), thoracic spine (upper and mid-back) or your cervical spine (neck). A bulging disc can commonly be referred to as a slipped disc or a protruding disc. However, when the disc bulge is significant enough for the disc nucleus to the annulus it is known as a herniated disc.