



## Discogenic Pain



### Overview

This pain comes from one of your spinal discs. Those are the soft cushions that allow the bones of your spine to flex and twist. Discogenic pain is a common reason for chronic lower back pain.

### Causes

What causes discogenic pain? We think it's linked to an irritation of the tiny nerves in the outer wall of your disc. We don't fully understand why these nerves become irritated. It may be linked to your genetics. It may involve things like what you eat or what activities you do. It may be linked to injury.

### Symptoms

Discogenic pain can feel sharp or dull. You may feel it during or after activity. Or, you may feel it even though there doesn't seem to be a reason. Your pain may radiate. It may move down through your buttocks, groin or thighs.

### Treatment

Discogenic pain can be treated in many ways, depending on your needs. Rest and medications may be helpful. You may need physical therapy or surgery. Your healthcare provider will create a care plan that's right for you.

