

October 02, 2013 /**24-7PressRelease**/ -- When someone is involved in a motor vehicle accident, the consequences can be serious and result in significant personal injuries. One relatively common injury following an auto accident is a herniated disc, which can cause the injured party pain and generally requires medical intervention.

Despite efforts to make our roads safer, [motor vehicle accidents](#) continue to be a common cause of injury across Washington. According to a [report](#)

compiled by the Washington State Department of Transportation, there were almost 99,000 auto accidents in the state during 2011. Of those, 1,814 resulted in at least one individual sustaining serious injuries while another 30,850 resulted in minor [personal injuries](#)

Following a motor vehicle accident, it is important to be aware of the symptoms associated with a herniated disc, in order to receive proper medical treatment.

Be aware of the signs of a herniated disc

A herniated disc occurs when a disc between the bones in the spine is damaged, causing the gel in the disc to protrude. The lower back is the most common location for herniated discs, but they can also take place in an individual's neck.

While there are a variety of potential causes for herniated discs, spine injuries are one of the problems that can lead to this painful injury. When the spine is injured, small cracks in the outer casing of the discs may result in the gel pushing through the cracks.

In such cases, those suffering from herniated discs may experience a range of symptoms, including pain in the arms and legs, weakness and numbness. The pain experienced by those with herniated discs can also vary greatly, depending on whether the disc is pushing on a nerve. The pain will often worsen as an individual sits or stands for long periods, but may come and go throughout the day.

Resolving the complications caused by a herniated disc can involve different medical

Motor vehicle accidents can cause herniated discs

Written by Australian Business

interventions, depending on the severity of the injury. In some cases, pain medication may be required to allow the individual to continue with his or her normal activities. Injections of cortisone in the affected area may also help reduce the inflammation causing the pain.

In addition, physical therapy can provide some relief, as the individual is taught exercises to reduce the pain caused by the herniated disc. In some particularly severe situations, an individual may require surgery to repair the damage caused by the herniated disc.

If you have suffered a herniated disc after being involved in a motor vehicle accident, you may be entitled to compensation to cover the damage caused in the collision. In such cases, you should seek the advice of a skilled personal injury attorney to ensure your rights are protected.

Article provided by Law Offices of Matthew D. Dubin Visit us at www.dubinlawoffice.com/