



**Ask your  
health care provider  
about this free video**

A Shared Decision-Making® Program produced by Health Dialog. Researched and evaluated by the Foundation for Informed Medical Decision Making.

## Herniated Disc

Choosing the right treatment for you

**The bones (vertebrae)** that form the spine in your back are cushioned by small, spongy discs. When these discs are healthy, they act as shock absorbers for the spine and keep the spine flexible. But when a disc is damaged, it may bulge or break open. This program provides a comparison of surgical and non-surgical options for treating lumbar herniated discs to help you decide, together with your health care provider, on the right treatment option for you.