



Request an Appointment
Find a Doctor
Find a Job
Give Now

Log in to Patient Account
Translated Content

PATIENT CARE &
HEALTH INFO

DEPARTMENTS &
CENTERS

RESEARCH

EDUCATION

FOR MEDICAL
PROFESSIONALS

PRODUCTS &
SERVICES

GIVING TO
MAYO CLINIC

Appointments at Mayo Clinic

Mayo Clinic offers appointments in Arizona, Florida and Minnesota and at Mayo Clinic Health System locations.

[Request Appointment](#)

Diseases and Conditions

[Print](#)

Herniated disk

[Basics](#) [In-Depth](#) [Expert Answers](#) [Multimedia](#) [Resources](#) [News From Mayo Clinic](#)

Definition

Symptoms

Causes

Risk factors

Complications

Preparing for your appointment

Tests and diagnosis

Treatments and drugs

Lifestyle and home remedies

Coping and support

Prevention

Definition

By Mayo Clinic Staff

A herniated disk refers to a problem with one of the rubbery cushions (disks) between the individual bones (vertebrae) that stack up to make your spine.



Herniated disk

A spinal disk is a little like a jelly donut, with a softer center encased within a tougher exterior. Sometimes called a slipped disk or a ruptured disk, a herniated disk occurs when some of the softer "jelly" pushes out through a crack in the tougher exterior.

A herniated disk can irritate nearby nerves and result in pain, numbness or weakness in an arm or leg. On the other hand, many people experience no symptoms from a herniated disk. Most people who have a herniated disk don't need surgery to correct the problem.

Advertisement

Mayo Clinic is a not-for-profit organization. Proceeds from website advertising help support our mission. Mayo Clinic does not endorse non-Mayo products and services.

Advertising & Sponsorship
[Policy](#) | [Opportunities](#)

Symptoms

[Share](#)

[Tweet](#)

Jan. 28, 2014

[References](#)

Products and Services

[Newsletter: Mayo Clinic Health Letter](#)

Mayo Clinic Store

Check out these best-sellers and special offers on books and newsletters from Mayo Clinic.

[The Mayo Clinic Diet Online — Eat well. Enjoy life. Lose weight.](#)

[The Mayo Clinic Handbook for Happiness](#)

[Mayo Clinic Book of Alternative Medicine](#)

[Mayo Clinic Guide to Pain Relief](#)

[Try Mayo Clinic Health Letter FREE!](#)

Ads by Google

Products and services

#1
Hospital
in the Nation

