

## Bulging Disc vs. Herniated Disk: How Florida's Leading Spine Centers Can Help You Choose the Right Taa



A herniated disk, on the other hand, involves a tear in the outer layer of the disc, allowing the inner gel-like substance to leak out. This condition is often more painful than a bulging disc because the leaked material can irritate or compress surrounding nerves. Symptoms of a herniated disk may include sharp pain, tingling, and reduced mobility. Visit:

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