

SPINAL DECOMPRESSION

THERAPY



ALL ABOUT SPINAL DECOMPRESSION AND THE BENEFITS

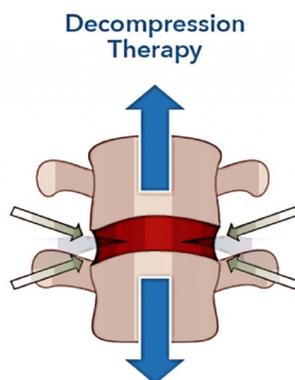
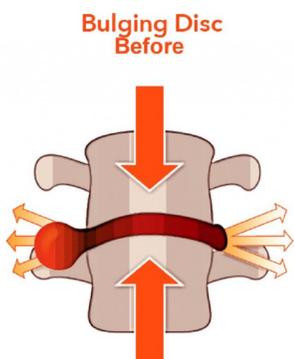
If you have lasting back pain and headaches, you know how disruptive to your life it can be. You may be unable to think of little else except finding relief. Some people turn to non-surgical spinal decompression therapy. Here's what you need to know to help decide whether it might be right for you...

WHAT IS NONSURGICAL SPINAL DECOMPRESSION?

Nonsurgical spinal decompression is a type of motorized traction that may help relieve back pain. Spinal decompression works by gently stretching the spine. That changes the force and position of the spine.

This change takes the pressure off the spinal discs, which are gel-like cushions between the bones in your spine, by creating negative pressure in the disc.

As a result, bulging or herniated discs may retract, taking pressure off nerves and other structures in your spine. This, in turn, helps promote the movement of water, oxygen, and nutrient-rich fluids into the discs so they can heal.



NONSURGICAL SPINAL DECOMPRESSION MAY HELP:

- LOW BACK PAIN / SCIATICA
- NECK PAIN / HEADACHES
- BULGING OR HERNIATED DISCS
- NEUROPATHY DISORDERS (WHICH IS PAIN, WEAKNESS, OR TINGLING THAT EXTENDS DOWN THE LEGS/ARMS)
- DEGENERATIVE DISC DISEASE / ARTHRITIS
- WORN SPINAL JOINTS (POSTERIOR FACET SYNDROME)
- INJURED OR DISEASED SPINAL NERVE ROOTS
- THOSE WHO ARE NON-RESPONSIVE TO TRADITIONAL CHIROPRACTIC CARE, PHYSICAL THERAPY, NSAIDS, OR STEROID INJECTIONS

WHAT TO EXPECT DURING SPINAL DECOMPRESSION THERAPY?

The doctor fits you with a harness around your pelvis (hips) and another around your rib cage for lumbar (low back) decompression therapy. Cervical decompression (neck/upper back) you lie face up on the table, slightly elevated. Both therapies are completely comfortable and effective, with notable improvement after every session.

Your chiropractic physician will tailor your care plan specific to the compromised areas of your spine, based on recent images (MRI or X-ray) current and past health history. Then, your doctor will input your individual treatment plan into the state-of-the-art, computer-controlled traction table, removing 20-100lbs of pressure off the spine. In addition, to your chiropractic adjustment, your appointment may last 30 to 40 minutes per session. Treatments vary from patient to patient. Average treatment schedules range between 12 to 20 treatments over six to eight weeks to reach full decompression therapy benefit. After decompression therapy, you may have other types of treatment, such as electrical stimulation (electric current that causes certain muscles to contract) and cryotherapy (ice).



WHO IS **NOT** A CANDIDATE FOR SPINAL DECOMPRESSION THERAPY?

- PREGNANT WOMEN
- ABDOMINAL AORTIC ANEURYSM
- ADVANCED OSTEOPOROSIS
- FRACTURE
- TUMORS
- METAL IMPLANTS IN THE SPINE



**DO YOU OR SOMEONE YOU KNOW
FEEL YOU COULD BENEFIT FROM
SPINAL DECOMPRESSION THERAPY?**

**Now available
in this practice!**

**SCHEDULE
YOUR
TREATMENT
TODAY**



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