

# Spinal Decompression Therapy

## Conditions Treated

Chronic Back & Neck Pain

Bulging and Herniated Discs

Degenerative Disc Disease

Ruptured Discs

Sciatica

Facet Syndrome

Neuropathies

Radiculopathies

## What is Spinal Decompression Therapy?

Spinal Decompression Therapy is a safe, non-surgical, drug-free solution for low back and neck pain. Spinal Decompression Therapy produces the mobilization and the manipulation of the affected spinal area with pinpoint accuracy, treating the cause of the pain and eliminating it. Studies show Spinal Decompression Therapy to be effective in eliminating pain in over 90% of patients as well as improving strength, endurance, range of motion and flexibility in the patient's spine.

## How does Spinal Decompression Therapy Work?

Spinal Decompression Therapy produces powerful, lasting results by addressing the underlying cause of back and neck problems: by providing intervertebral discs the hydration, oxygen and nutrients they need to heal themselves naturally. Spinal Decompression Therapy isolates the pre-determined problematic spinal segment or vertebra and relieves the affected disc by separating the intervertebral space and allowing circulation of water, oxygen and nutrients to once again reach the disc.

What happens when the spine is injured?

When the spine is injured, muscles go into spasm and try to splint the injury. This often disrupts or prevents the motion of the spine. The longer it takes to restore proper motion, the longer the discs go without pumping an adequate supply of food, hydration and oxygen to the disc. The discs then begin to starve, causing them to deteriorate. They can bulge, herniate, protrude or even collapse. The resulting pain can be devastating. Spinal Decompression Therapy restores the nutrients, oxygen and hydration the spine needs to heal.

Is Spinal Decompression Therapy painful?

No, quite the opposite. Spinal Decompression Therapy is comfortable and relaxing. During treatment, the patient is able to relax listening to his or her choice of music or just falling asleep.

How long does the treatment last?

Spinal Decompression Therapy is completed in approximately 30 days; however, the exact time depends on the patient and extent of the injury. Each treatment session lasts approximately 30 minutes. The treatment requires no recovery time.

How safe is the treatment?

The treatment system was developed by a team of back specialists and is FDA certified. Numerous studies have been

completed studying the effectiveness and safety of the therapy. Thousands of patients have benefited from the treatment in the past few years.

Is Spinal Decompression Therapy the same as traction?

No, Spinal Decompression Therapy works by separating only the affected spinal segments to allow nutrients to reach the damaged discs. Traction often causes muscles to contract and spasm, which often leads to more disc pressure and more pain.