

## Spinal Decompression

Spinal Decompression is a gentle, non-surgical treatment for disc problems. While you relax on the table, a computerized system slowly decompresses your discs, pulling the bulge and herniation back into the discs and off of the nerve.

Who can Spinal Decompression help? It is so gentle and effective that it helps virtually anyone who is experiencing pain on a daily basis, including new mothers, athletes, weekend gardeners and professional contractors. If you find that you cannot enjoy activities you normally enjoyed before, Spinal Decompression may be the relief you have been searching for. Many patients have been previously diagnosed as candidates for surgery.

### From the Doctors

Spinal discs are made up of two parts: a tough outer part and a jelly-like nucleus interior. The disc can be damaged from a lifting injury or from repetitive misuse. When this happens, the nucleus tears into the outer part (disc bulge), causing back and neck pain. If the nucleus actually begins to squeeze outside of the disc (disc herniation), then it will encounter the spinal cord or a nerve that travels down your arm or leg. This is what causes the radiating pain commonly associated with a herniated disc. Spinal Decompression involves a slow, gentle tractioning of the neck or low back. By slowly and incrementally increasing the amount of pull on the area being treated, the muscles are able to relax and allow for tractioning of the discs themselves. The discs are then intermittently tractioned and released, creating a mild suctioning on any herniations, and the pumping fresh, nutrient-rich fluids into the disc to allow for more rapid healing. Reduction of disc herniations and bulges helps remove irritation to nerve roots, and this provides relief to the areas where those nerves go, such as arms, legs, neck, low back and head. You can truly stop the pain forever!

- Do you complain of pain in your low back or neck on daily basis?
- Has the pain in your neck or low back spread to your arms or legs?
- Do you avoid activities you once enjoyed due to neck or back pain?
- Are you tired of depending on daily medications to control your pain?
- Is your current doctor or treatment program failing to meet your needs?
- Do you suffer from any of these disc related problems?

### Spinal Decompression

If you are wondering if you are a candidate for Spinal Decompression, ask yourself the following questions.

- Herniated Discs
- Degenerated Discs
- Pinched Nerves
- Sciatica

If You believe you may be a candidate for Spinal Decompression or would like more information, you may call our office to schedule a complimentary consultation.