

Services

What is 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. [Click here to read more.](#)

Intersegmental Traction

Intersegmental traction is simply a padded table with an internal roller that travels the length of the spine and gently aids in joint mobilization. **Electrostimulation**

Electrostimulation is administered through electrodes (pads) placed on the problem area. Small amounts of electrical current pass through the pad causing the muscle to contract and relax, helping to reduce muscle spasm and relieve pain.

Hydro-massage therapy

Hydro-massage therapy is a table combining heated water and spa jets to gently massage sore muscles, relieving pain and increasing circulation, without getting wet! **Cold Laser therapy**

Cold Laser therapy is a state of the art therapy that is completely painless and non-invasive. It is the use of light waves to promote healing at a cellular level. It does this by stimulating collagen growth which speeds up recovery from injuries and helps decrease pain.

Nutritional counseling

Dr. O'Neal uses a whole foods approach along with specific vitamin and mineral supplements to aid in achieving overall total wellness. All of these statements have not been evaluated by the FDA.