

## What Is Spinal Decompression Therapy?

Spinal decompression therapy is a specialized computerized non-surgical traction based treatment that has a high success rate for reducing pain associated with herniated, bulging or degenerative discs in the neck or lower back... even after failed surgery. Along with chiropractic treatment it can help with back and neck pain, shoulder and arm pain and sciatic leg pain. Spinal Decompression is very safe. The table uses a state of the art computerized traction device to gently “pull” on the neck and lower back.

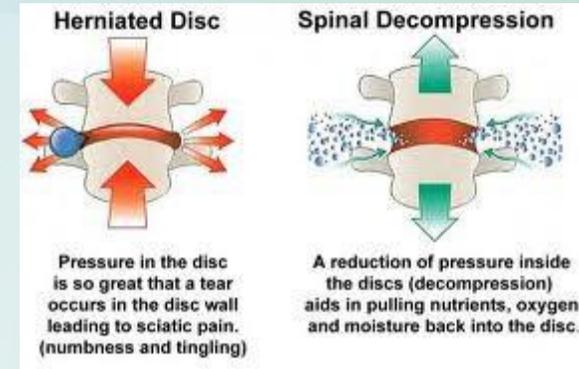


## Conditions Treated By Spinal Decompression:

- Bulging, protruding or herniated discs.
- Arthritic pain caused by degenerative joints.
- Degenerative disc disease.
- Sciatica (buttock, leg, calf and ankle pain).
- Facet Syndrome.
- Chronic neck and lower back pain.
- Neck, upper back, shoulder, arm and hand pain.
- Numbness, tingling, pins and needles into the arms, hands, fingers, legs and feet.
- Loss of mobility in the neck and lower back caused by injury or degeneration.

## How Does Spinal Decompression Therapy work?

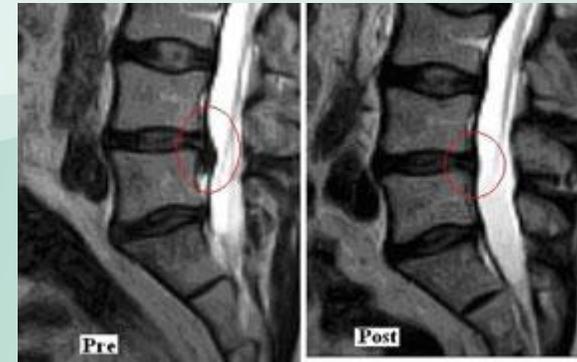
Spinal decompression therapy works by using precise pulling forces to safely and gently stretch segments of the spine in a longitudinal direction, a process known as distraction. The Main therapeutic effect of this is to create a vacuum effect within the middle of the disc which can help reduce disc bulging, draw fluid and nutrients into the disc and encourage rehydration.



## Painless Relaxing Treatment

You are treated fully clothed and just lay back and relax with the machine doing all the work. In most cases the treatments are completely painless; in fact some patients fall asleep during their spinal decompression session.

## Researched Treatment



These MRI pictures show the before and after effects from treatment. Before the treatment the disc is seen bulging onto the adjacent nerves and tissues. After the disc bulge is reduced so that the pressure is removed from the nerve, the disc is more hydrated and gained some height - which will have the added benefit of helping unload the facet joints at this segment.

## Relief

The relief in pressure on painful tissues will also help reduce muscle spasm and improve mobility so that you are up and about moving more freely, without pain, back doing the things you want sometimes as quickly as within a 6 to 8 week course of treatment.

- 86% effective in research
- Safe and painless
- CSA and Underwriters Laboratories approved in Canada
- Non-surgical
- Drug-free
- Affordable cost



## A Combined Approach

**Back on your feet... A program to get you in better shape!**

Each treatment about 20 minutes in length. Although results vary from patient to patient, depending on the condition, research has shown that the typical patient requires between 12-20 treatments.

Along with our spinal decompression therapy program we offer chiropractic adjustments for both postural and spinal correction, which includes spinal exercises (stretching and weight training protocols), postural advice, and nutritional advice.

We also offer state of the art Cold Laser Therapy. Combined with laser therapy, spinal decompression may produce results more quickly and effectively.

The aim is that as you achieve healthier discs and a more flexible stronger spine our practitioners will gradually introduce specific gentle exercises and activities to promote core stability and spinal mobility. You will start with protocols for spinal correction and better posture to maintain spinal health without injuring yourself again.

The combined treatment can help you get better faster and stay that way, and get you in better shape than you were, in some cases the best shape of your life!



# Spinal Decompression (non-surgical)



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