



SPINAL DECOMPRESSION



What is Non-Surgical Spinal Decompression?

Spinal Decompression is a non-invasive, type of mechanical traction that utilizes computer technology to gently pull the spine apart taking pressure off the discs, joints, and nerves. It has a built-in feedback sensor that can detect each patient's tolerance, pain levels, and muscular tension, so it knows when to pull more and when to relax in order to achieve optimal results.

How Can You Benefit from Spinal Decompression Therapy?

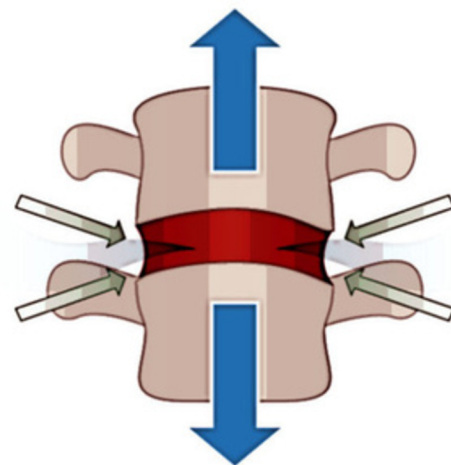
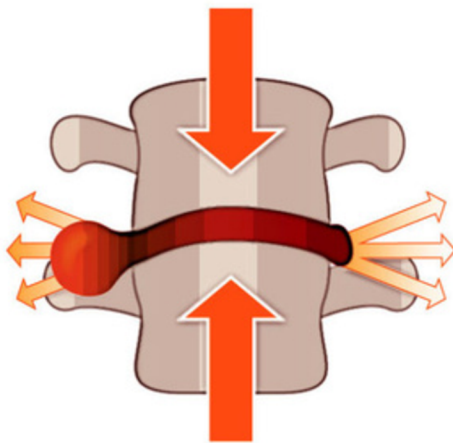
- 1 Retraction of Herniated or Bulging Disc Material**
 - Spinal decompression creates a negative intradiscal pressure, acting like a vacuum within the disc.
 - This promotes the retraction or repositioning of herniated or bulging disc material, pulling it back into its proper place within the disc.
- 2 Relief from Nerve Pressure and Joint Pain**
 - By reducing pressure on the disc, joints, and nerves, spinal decompression can alleviate symptoms of neck or back pain, as well as other related problems.
- 3 Promotion of Healing Nutrients Influx**
 - The lowered pressure in the disc encourages an influx of healing nutrients and substances into the affected area.
 - This creates an optimal healing environment within the disc, aiding in its recovery and health.

Relieving Pain with Decompression Therapy

Non-Surgical Spinal Decompression is an affordable and safe treatment for neck and back conditions without the use of drugs, needles, or surgery. This treatment not only significantly reduces pain, but also enables the majority of patients to return to a more active lifestyle.



BEFORE



AFTER

Who Benefits from Spinal Decompression?

We have seen great results with patients who have the following symptoms/conditions:

- Low Back Pain
- Neck Pain
- Sciatica (pain down the legs)
- Numbness or Tingling in Arms/Legs
- Bulging, Herniated, or Protruding Discs
- Degenerative Disc Disease (DDD)
- Degenerative Joint Disease (DJD)
- Spinal Stenosis
- Facet Syndrome
- Radicular Pain down Arms/Legs
- Joint Pain
- Discogenic Pain
- Weakness in Arms/Legs
- Post-Surgical Pain

Is it Effective?

Research has shown – YES, nonsurgical decompression therapy is effective. In fact most patients experience some type of pain relief and increased mobility within the first five to six treatments and upon completion of initial protocol overall pain was decreased by 88.9%!

What to expect:

On each visit, the patient remains clothed and lies face up comfortably on a motorized table. There is a harness that secures the patient to the decompression table as a pulling type force is applied gently to the spine. There is a series of alternating decompression and relaxation cycles, for an individual treatment time of approximately 15 minutes. The patient typically does not feel pain during or after the decompression visit, although they can feel stretching and lengthening of the spine.

Most often spinal decompression will be combined with chiropractic adjustments, which together, addresses both the spinal misalignment along with the disc health and nerve pressure. This two-prong approach provides the fastest and longest lasting results and is the best conservative protocol you can possibly do to get the spine in the BEST shape possible.

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