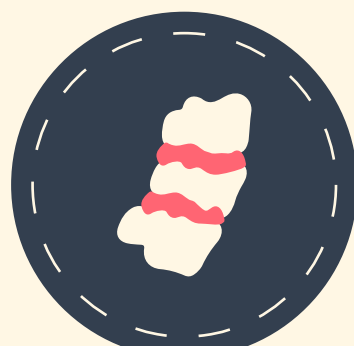


What is Spinal

DECOMPRESSION

and How Does it Work?

Spinal decompression therapy is a non-surgical treatment that can bring pain relief to patients suffering from:



DEGENERATIVE DISC DISEASE



HERNIATED DISCS



CHRONIC NECK PAIN



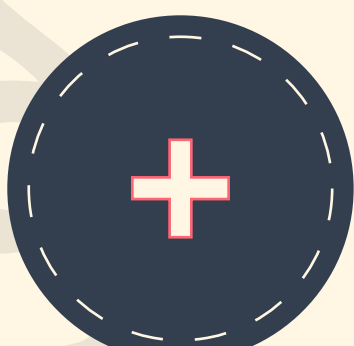
FREQUENT HEADACHES



SPINAL STENOSIS

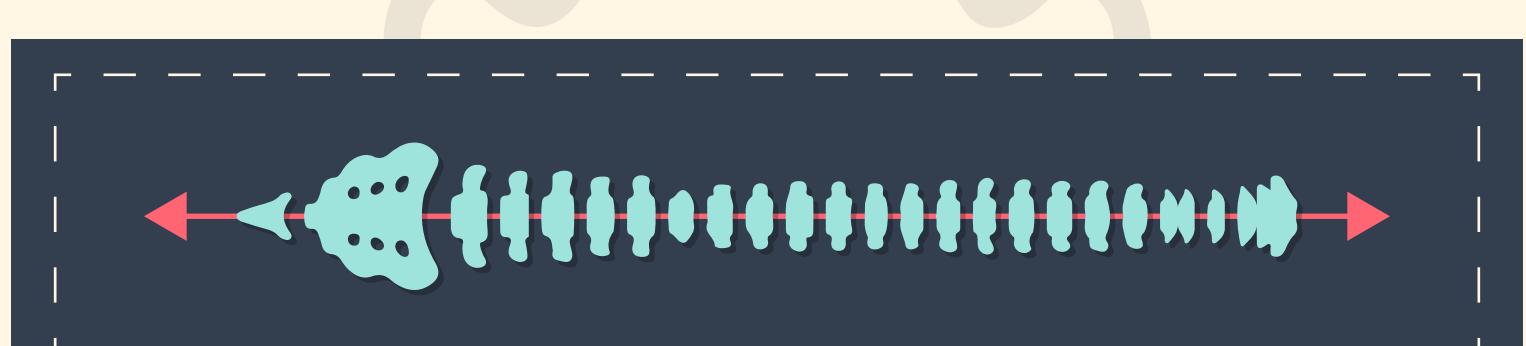


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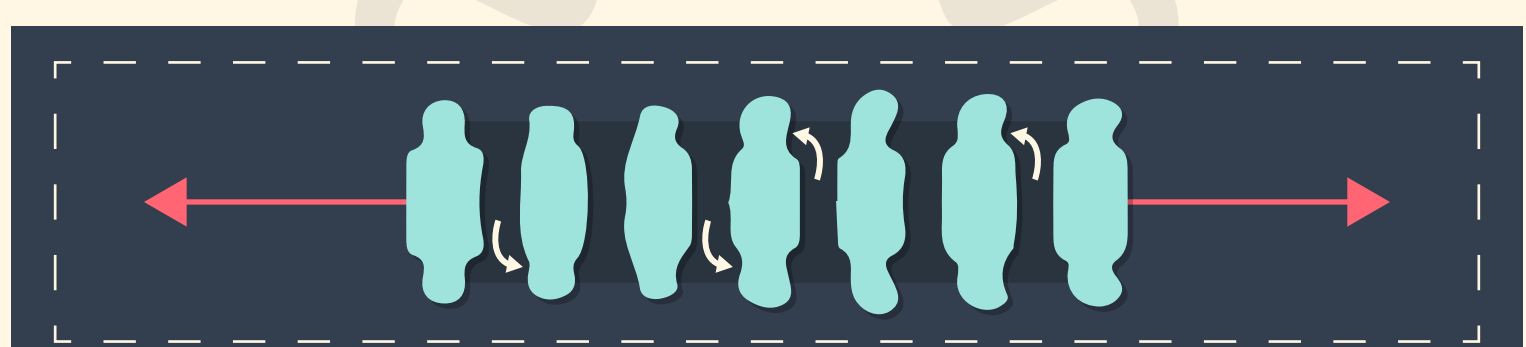


AND MANY OTHER CONDITIONS

Spinal decompression therapy uses *spinal traction* techniques that health care professionals have been using for years.



Traction **gently stretches the spine** to create negative intradiscal pressure which promotes retraction or repositioning of the herniated or bulging disc material.

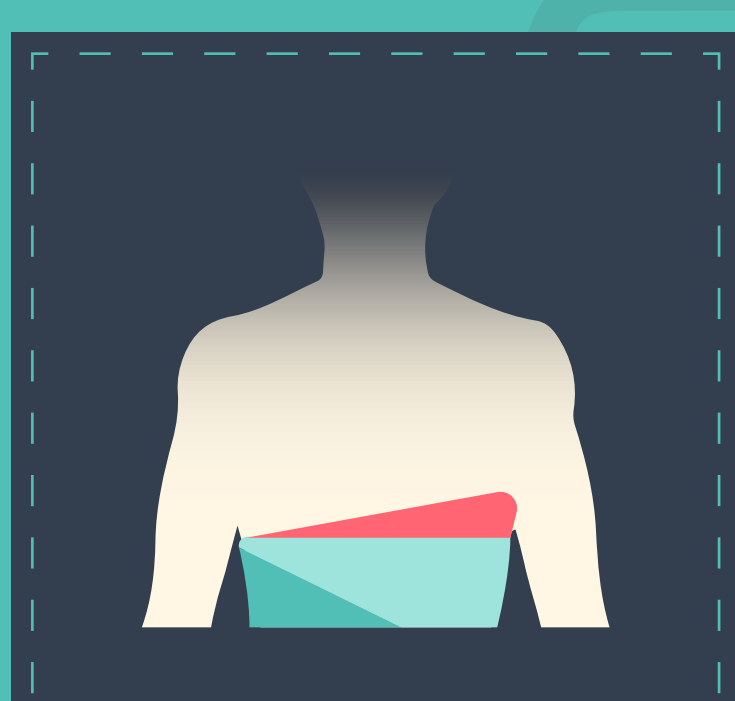


The traction creates **lower pressure** in the discs that will cause a flood of nutrient-rich fluids to wash over inflamed discs.

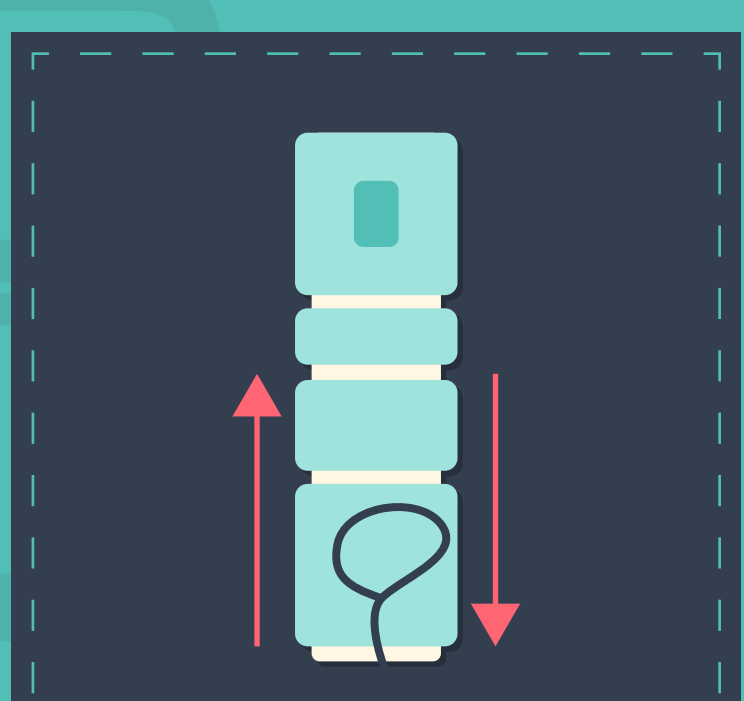
Spinal decompression is used when other therapy like massage, chiropractic, and physical therapy have **not** brought pain relief.

HOW DOES SPINAL DECOMPRESSION THERAPY WORK?

Patients lie fully clothed on their backs (although some procedures lie them face-down) on top of a motorized table.



A brace is wrapped around their torso to ensure **spinal stability** and is attached to the moveable lower-half of the table.



While the upper-half of the table remains fixed, the lower-half slides forward and back, **providing traction** and relaxation.

Patients can expect to receive 15-20 treatments (each lasting 30-45 minutes) over the course of four to six weeks for best results.

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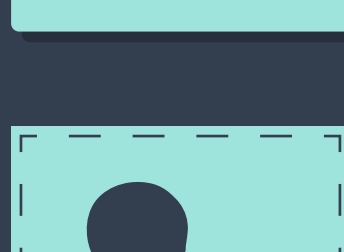
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Patients have reported significant symptom relief by their fifth or sixth visit. Some patients even report total symptom relief while they're on the table being decompressed.

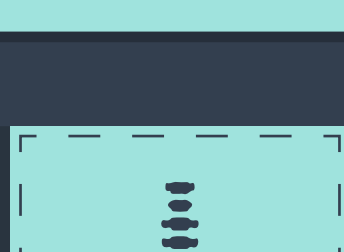
But no patient is the same, and it might take longer for some patients to see results.

WHO SHOULDN'T GET SPINAL DECOMPRESSION THERAPY?

As beneficial as spinal decompression therapy can be in treating chronic pain, there are **some patients** who might want to avoid it.



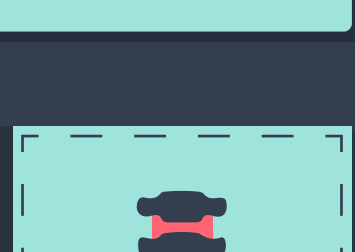
PREGNANT WOMEN



METAL IMPLANTATIONS



BROKEN VERTEBRAE



SPINAL FUSION

Want to learn more about *spinal decompression* therapy?

CALL THE EXPERTS AT ALGONQUIN CHIROPRACTIC CENTER!

847-854-2000