

WHAT IS SPINAL DECOMPRESSION?

Gentle decompressing of the spine creates a vacuum effect which allows herniated disc material to draw back into the disc, thereby taking pressure off any pinched nerves, improving healing circulation and reducing chronic pain.

HOW IS THIS DIFFERENT FROM TRACTION?

Traditional traction is a pull and hold action with the use of weights, ropes and pulleys and whilst known to reduce pressure and pain it is difficult to target the specific area in need.

Non Surgical Spinal Decompression however is delivered by a sophisticated and computerised medical mechanism, which has the ability to target the specific disc. The precise stretch and release algorithms produce a more gentle pumping action, rather than just a hold action, which increases circulation, facilitates fluid absorption to the damaged disc and in the process reduces the pressure to allow the release of any pinched nerves.

IS THE TREATMENT SAFE?

Spinal Decompression Therapy is one of the most gentle, comfortable and effective forms of spinal treatment available.

HOW LONG DOES IT TAKE TO GET RESULTS?

Some patients feel a symptomatic improvement after just a few sessions however long lasting changes are progressive and may take a series of treatments over a number of weeks to achieve results.

LIVING EVERY DAY WITH CHRONIC BACK OR NECK PAIN

TRIED TRADITIONAL MANIPULATIVE OR EXERCISE BASED TREATMENTS

CONSIDERING SURGERY

For a professional assessment of your suitability for Non Surgical Spinal Decompression treatment contact us

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Services supplied by
Barrie Armstrong Pty. Ltd. t/as
Non Surgical Spinal Care
ABN 608 636 684



NON SURGICAL SPINAL DECOMPRESSION

for relief from

**Lower back pain
Sciatica
Headaches & migraine
Leg/arm pain or numbness
Bulging/herniated discs
Degenerative disc disease**

Non Invasive

- no risk of infection

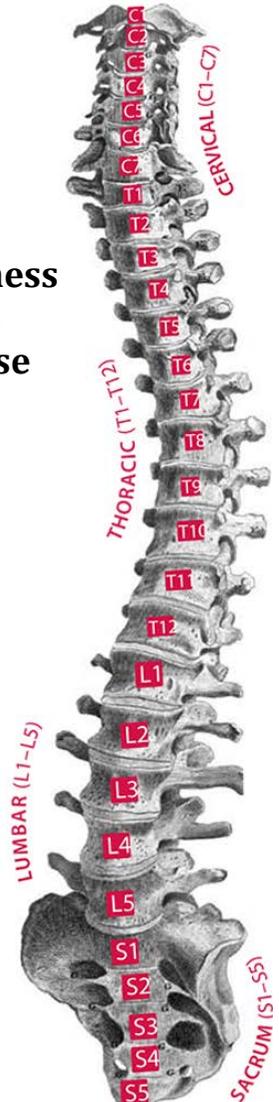
No Recovery time

- no down time

All Natural

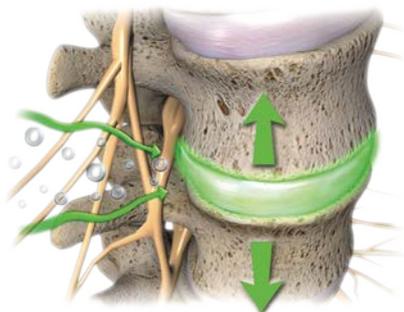
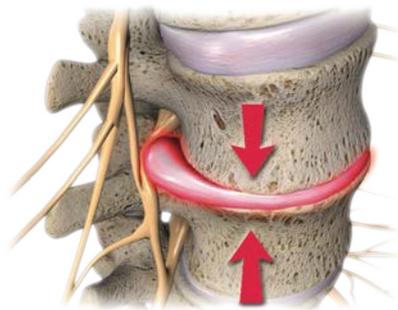
- drug free

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SPINAL DECOMPRESSION THEORY

**Compressed, bulging disc –
pressing on the nerves**



**Healthy, full height, hydrated disc –
supporting the spine**

Reversing of the axial load, through decompression, relieves the pressure on the disc(s) and entrapped nerves. This promotes enhanced circulation to the affected area, which in turn aids the healing process, reducing inflammation and resulting in regained mobility and pain relief.



WHAT DOES A TREATMENT INVOLVE?

Once positioned on the table, with legs raised for added comfort, the unique program will be set to deliver the exact gentle force required during the 20 minute treatment.

There is no need to undress or even take off your shoes and with the room lights dimmed, you will be encouraged to relax, meditate or preferably sleep during the treatment.

IS IT A PAINFUL PROCESS?

No. Some patients may experience temporary soreness, a sign that muscles have been worked in a new way, but once total relaxation is achieved this is alleviated.

WHY SPINAL DECOMPRESSION THERAPY?

- ✓ To assist in the relief of chronic pain
- ✓ As an alternative to surgery
- ✓ When other treatments are not working
- ✓ To reduce a dependency on painkillers
- ✓ To achieve long-term pain relief
- ✓ To assist with a return to normal activities

"As a surgeon, I only want to do surgery when I absolutely have to. Non-Surgical Spinal Decompression Therapy gives my patients a more conservative treatment option that can eliminate the need for surgery altogether, and that's a very good thing."



**- Dr Bernard Zeliger, DO –
FACOS, FAOAO, FICS**

Osteopathic Physician and Orthopedic Surgeon
Founding Dean and Provost of Touro University College of
Osteopathic Medicine, Vallejo, CA

