

WHAT IS SPINAL DECOMPRESSION THERAPY

Some of the most commonly asked questions I get are about Decompression Traction. What is it? How does it work? What conditions does it treat? Here are some answers.

Spinal Decompression Traction therapy is a non-surgical traction-based treatment used to help in the management of serious low back/leg and neck/arm pain conditions including disc bulges, herniations, protrusions, osteoarthritis, sciatica, spinal stenosis and facet syndromes. Anyone experiencing back, neck, leg or arm pain may be helped by a decompression traction system (DTS). DTS helps relieve pain through the decompression of lumbar and cervical discs and joints, (the unloading due to distraction and positioning), creating negative pressure within the spinal structures-the discs, joints and your spinal muscles, the structures responsible for most of your pain. This cyclical, painless setting reduces pressure, promotes blood and fluid flow and improves healing naturally.

The spinal decompression treatment is directed at relieving pressure on structures that may be a major source of pain. It is safe, effective and usually a comfortable and relaxing treatment for pain without the risks of surgery, injections or medications. Some studies on spinal decompression therapy have reported a significant reduction in pain in up to 80% of the patients treated. The treatment utilizes FDA approved equipment which is computer controlled to distract and decompress your spinal joints, with each treatment lasting for 15 to 20 minutes. To improve long term relief, reduce inflammation and increase the healing process of supporting structures, other therapies are utilized including; ice, heat, interferential current, laser, acupuncture, soft tissue release, Chiropractic adjustments and rehabilitative exercises. After a thorough evaluation is performed to determine if you are a candidate for decompression therapy a treatment plan is tailored for your specific needs, with best results usually achieved with 12 to 20 visits over a 4 to 8 week period.

Stop suffering and consider safe and effective decompression therapy before risking surgery or epidural injection.

Dr. Larry Bridge is a resident of Stanly County and practices at Montgomery County Chiropractic Center with offices in Albemarle and Troy. He has more than 8 years experience using Decompression Traction for back, neck and related spine problems. For more info visit his website at www.DrBridgeChiropractic.com OR CALL 704-982-2102.