



## SPINAL DECOMPRESSION

If you have lasting neck, back, or sciatic nerve pain symptoms, the agony can be disruptive to everyday life. Finding relief is the goal for an improved quality of life. Spinal decompression therapy is a gentle nonsurgical option.

### MOST COMMON CONDITIONS

- Bulging or Herniated Discs
- Degenerative Disc Disease
- Sciatica
- Spinal Stenosis
- Facet Syndrome
- Failed Back Surgery

### WHAT IS SPINAL DECOMPRESSION?

Spinal Decompression is a nonsurgical therapy that utilizes advanced computer technology and motorized traction to provide effective pain relief. The therapy works by slowly, steadily, and gently stretching the spinal column to alleviate abnormal pressure on the discs that sit between your vertebrae. Spinal decompression also promotes blood flow to your discs that encourages nutrient-rich

fluids and oxygen to flow, promoting cell renewal, tissue repair, and long-term healing.

Triangle Spine Center, utilizing the DOC Decompression table, has helped hundreds of herniated cervical and lumbar disc patients return to more active lifestyles. The majority of patients respond favorably to the therapy and achieve greater results through an ongoing maintenance program.

### MAINTENANCE PROGRAM

As a patient nears the end of the spinal decompression therapy sessions protocol, a maintenance plan will be discussed and planned. It is recommended that a patient listens to their body and schedules follow-up visits as needed. Triangle Spine Center doctors will teach the patient how to take care of your neck and back, so the decompression therapy results last. Some patients never need the decompression machine therapy again and choose to keep their spine healthy with chiropractic care, exercise, stretching, Yoga or Pilates.

### TREATMENT PROTOCOL

Spinal Decompression therapy typically takes 20 treatment sessions which last 30 to 45 minutes each, over a 6-8 week period. Patients are encouraged to develop a maintenance plan with their chiropractor.