

## **Flexion Distraction Therapy for Treating Sciatica available at Berkebile Chiropractic Johnstown PA.**

Are you suffering from mid or low back pain, arthritis in your back, sciatica, or pain down your legs then you'll find this treatment could be the answer to your problems and save you from surgery.

Available at Berkebile Chiropractic Johnstown PA, F and D Therapy is great for the treatment of sciatica, back pain, and pain down the legs. It is a ***gentle*** and ***effective technique*** that helps to decompress the discs, hydrate them, remove pressure on the spinal nerves, and cause **sciatic nerve relief**. In addition, it helps to restore movement to the spine so you can do things better. Like walking, get up from a seated position, lift, bend, and twist etc...

**This technique has become one of the best treatments Dr. Berkebile uses for treating sciatica and disc injuries involving back pain and the often-accompanying leg pain in Johnstown PA.** It involves the use of a specialized table that gently distracts and stretches the spine. Thus allowing the area of disc involvement to be isolated while slightly flexing the spine in a pumping rhythm. There is typically no pain involved in this treatment. Some have even been known to fall asleep while being treated.

Theoretically, the tractioning or distraction with a gentle pumping that the table causes on the disc(s) of the involved area allows the central area of the disc, called the nucleus pulposus, to return to its central position in the disc and pull the part of the disc off the area it's pinching or putting pressure on. It is also thought to improve disc height by hydrating the disc as water is pulled into the disc upon tractioning/pumping action it has on the disc that can **eliminate sciatic pain**.

Berkebile Chiropractic has been using the Flexion Distraction for 10+ years to help pull the disc away from the nerve or spinal cord, reducing inflammation, pressure, and pinching that eventually relieves the associated pain and inflammation from sciatica. The amount of treatments needed varies from person to person, but typically takes 2-3 treatment per week for 3-5 weeks (8-15 treatments). Covered by most insurances.

**It's the treatment of choice for those patients suffering with sciatica and back pain in Johnstown PA.**

For an appointment call (814) 266-3775 and ask for Sciatic relief.

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Finding the Causes of Sciatica located in Johnstown  
Seeing a Chiropractor for Sciatica in the Johnstown PA 15904 area

This could be the best option to keep you from surgery. Here's 2 surgeons in Johnstown pa for neck and low back surgery Dr. Zitnay and Dr. Chowdry Neurosurgeon(s) Johnstown PA. [Sciatic relief Johnstown pa](#), [Back pain relief Johnstown PA](#), [Sciatic relief Somerset PA](#), [Pinched Sciatic Nerve Cambria County PA](#), [Sciatic help Indiana PA](#), [Chiropractor Sciatic treatment](#)

