

Spinal Decompression

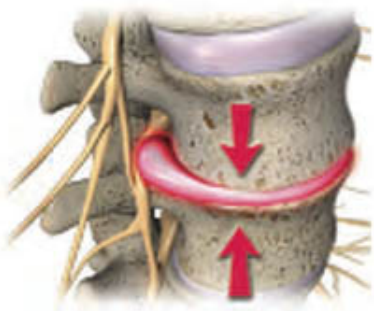


What is Spinal Decompression Therapy?

The human spine has 24 bones that make up the spinal column called vertebrae. There are 23 intervertebral discs that act as shock absorbers between the vertebrae. Over time, the joints of the spine are affected by normal wear and tear or traumatic events. When this happens, the joint spaces between the vertebrae called disc spaces can become compromised and we get a result of decreased joint spacing. When disc spaces are reduced because of normal wear and tear or conditions such as a bulging or herniated disc, the nerves around that disc become irritated and we experience pain.

Spinal decompression therapy is a gentle, non-invasive therapy used to open the disc spaces between the vertebrae of the spine. This reduces pressure that is irritating the nerves caused by decreased disc spaces.

Before Spinal Decompression



After Spinal Decompression



Who Needs Spinal Decompression Therapy?

Spinal decompression therapy is primarily used in the treatment of conditions involving the intervertebral discs. Some of the most common conditions treated with decompression present with a variety of symptoms.

- Bulging, prolapsed, or herniated discs
- Degenerative Disc Disease
- Spinal Stenosis
- Spinal Arthritis
- Sciatica
- Facet Syndrome
- Pain Radiating Into the Arms or Legs
- "Pinched Nerves"
- Spondylosis
- Neck Pain
- Low Back Pain

Spinal decompression therapy is not for everyone. If not used in the appropriate situations, decompression therapy might make your symptoms worse. Be sure to check with your physician to see if spinal decompression is right for you.

What You Can Expect:

Based on your condition and the severity of your symptoms, your physician will determine the proper treatment plan. Spinal decompression therapy is performed on the cervical or lumbar spine by being positioned on a decompression table using specific protocols.

The therapy takes about 20 minutes for most and involves intervals of gentle stretching and relaxation to passively open the disc spaces. There may be slight discomfort as your body adjusts to the decompression, but this is normal.

Following decompression, your doctor will recommend some light stretching to relieve any muscle tightness and an increase in your daily water intake to help keep the discs hydrated.

