

Decompression Therapy

What you can do.

Have pain? Need answers? Learn what you can do to decrease back pain.

Decompression therapy is a non-surgical therapy that relieves back pain and other problems associated with disc injuries. This concept seems simple enough; however, you may wonder what causes disc compression. Disc compression can be caused by poor posture, stress, and body mechanics. These contributions can cause your vertebrae to compress your disc or they might slip out of alignment. The applied pressure can cause a discomfort feeling in the lower back. Compressed disc can lead to two major problems. The disc can bulge or herniate and they can become brittle. Why is this bad? This usually results in the restriction of nutrients which are helpful in the healing process.

Spinal decompression therapy is a non-invasive procedure. It gently decompresses the disc through the use of a decompression table. Spinal decompression therapy is FDA approved and provides wonderful results. The patient is strapped to the table so that as it moves it applies a distraction force to the targeted area of the compressed disc. This gently pulls the spine apart elongating it and creating a small vacuum between the vertebrae. This pulls the disc back into shape. This is not an over night wonder; however, it does provide relief over time. The decompression works in minute increments. Over time that allows the disc to

be reshaped. This allows healing and proper flow of nutrients.



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To Find Out More:

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