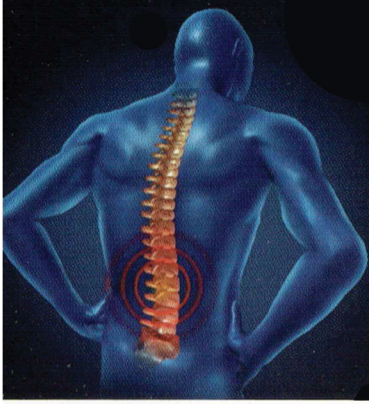


free yourself

DECOMPRESSION THERAPY

targets the cause of your pain

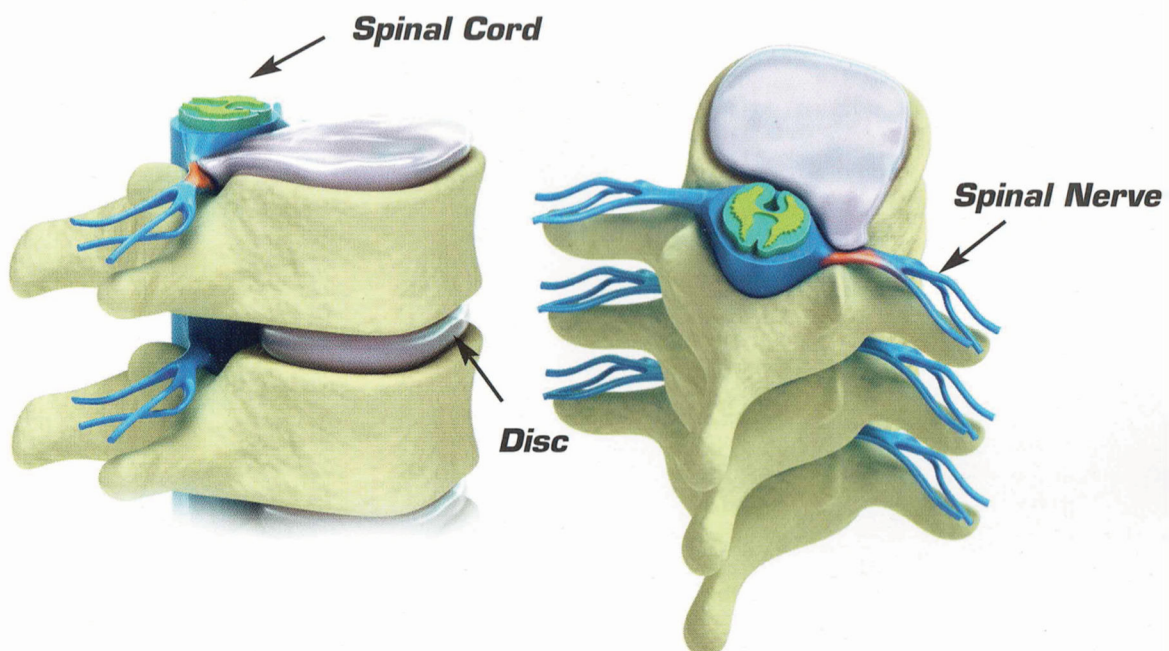


WHAT IS SPINAL DECOMPRESSION THERAPY?

Over a decade ago, NASA noticed that astronauts were relieved of low back pain when they were in anti-gravity environments. They found that spinal disc heights were increased during space missions. With these scientific findings, a new technology was developed called Spinal Decompression Therapy.¹

Decompression machines are highly advanced, automated traction devices that allow your healthcare provider to position your spine and target an area for decompression therapy. They work by gently stretching and relaxing your spine.

This pattern of alternating pulling and relaxing creates vacuum-like pressure which allows disc material that was herniated or protruded to be pulled back into the disc. It also helps promote the movement (pull) of water, oxygen, and nutrient-rich fluids into the discs so they can heal.^{1 5}



Increased disc height, relieves pressure on spinal nerves and other structures.

SPINAL DECOMPRESSION IS A NON-SURGICAL ALTERNATIVE

HOW IS SPINAL DECOMPRESSION THERAPY DONE?

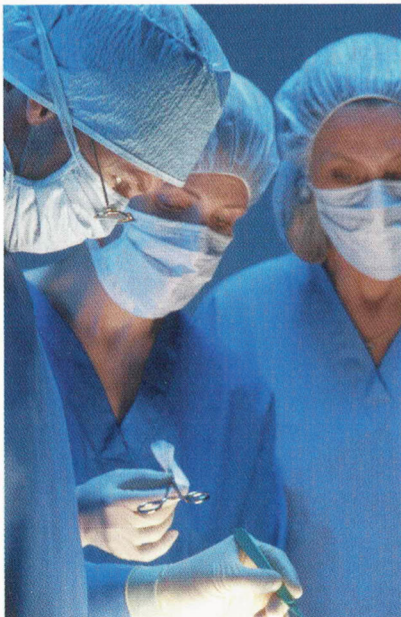
You are fully clothed during spinal decompression therapy. Your healthcare provider fits you with two harnesses and you lie down on the computer controlled table. The computer settings are then customized to provide the right decompression treatment that targets your specific condition.

DOES IT WORK?

In a recent study of Spinal Decompression Therapy 219 patients who had at least 4 weeks of symptoms from either degenerative disc disease or herniated disc were treated. The results were amazing! 86% reported immediate symptom relief and 84% were still pain free 90 days after their treatment was completed.²

IS IT PAINFUL?

No. In almost all cases, the treatments are completely painless and most people even notice a reduction of pain during their sessions. In fact, some patients even fall asleep during treatment.



Spinal Decompression Therapy has helped many patients avoid spinal surgery.¹



IS DECOMPRESSION RIGHT FOR YOU?

HOW LONG DOES IT TAKE?

Individual sessions typically last 20 - 30 minutes. Your healthcare provider can develop a workable treatment plan that meets your objectives and is based on your specific condition.

WILL I STILL NEED OTHER TYPES OF THERAPY?

Spinal Decompression Therapy is usually recommended as part your overall treatment plan.

There are other therapies your healthcare provider may recommend to enhance your treatment outcome.



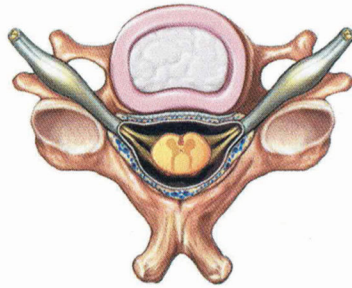
WHO SHOULD CONSIDER THIS TYPE OF THERAPY?

You should consider this type of therapy if you have:

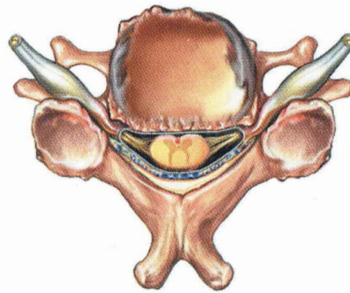
- Suffered back or neck pain for over one week
- Sciatica
- Bulging or herniated discs
- Degenerative disc disease
- Worn spinal joints (called posterior facet syndrome)
- Injured or diseased spinal nerve roots (called radiculopathy)

MANY CONDITIONS CAN BE TREATED WITH DECOMPRESSION THERAPY

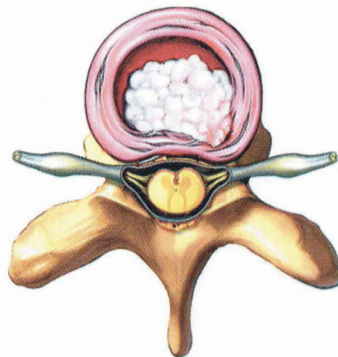
Normal Disc



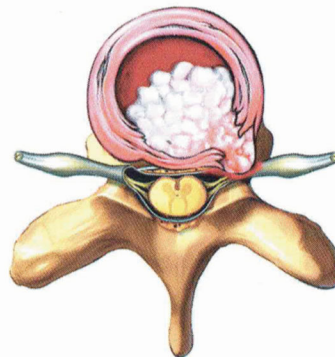
Degenerated Disc



Bulging Disc



Herniated Disc

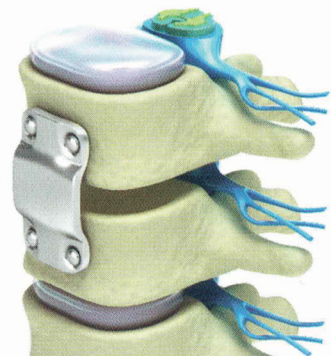


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CAN ANYONE BE TREATED?

For most patients, spinal decompression is a safe and effective therapy. Your healthcare provider can help you decide if spinal decompression is right for you and your specific condition.

Spinal decompression therapy is not recommended for pregnant women, patients who have severe osteoporosis, severe obesity or severe nerve damage. It is also not recommended if you have had spinal surgery with fusion or instrumentation (screws, metal plates or cages).



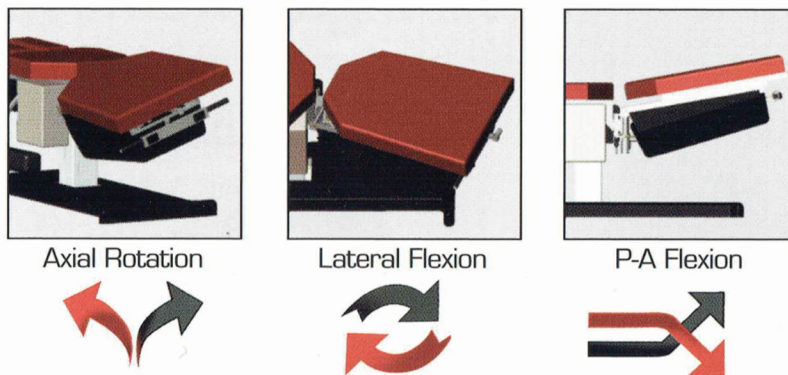
HOW IS SPINAL DECOMPRESSION DIFFERENT THAN TRACTION?

Regular traction stretches your spine and muscles simultaneously. If you only stretch the spine, your body naturally “braces” for the next stretch which in affect means your body begins “fighting” treatment. This “overall stretching” commonly used in traction can also trigger painful muscle spasms.

Decompression therapy is different than conventional spinal traction^{3 4}. It alternates between stretching and relaxation. The relaxation stages, trick your body into staying relaxed allowing the tolerance of maximum “un-loading” and improving the effectiveness of the treatment.

Decompression tables should also allow your doctor or therapist to target your treatment area in 3 different dimensions. This isolates specific spinal discs and allows the “targeting” of these discs or treatment area. Traction often just “stretches” the entire spine in one direction.¹

Spinal discs are targeted in 3 dimensions



In addition, your healthcare provider can completely customize your decompression treatment. They can change the amount of stretch (load), the number of stages, the amount of time it takes to reach each peak stretch/relax stage and many other settings.

This allows them to personalize the session for your age, weight and condition and to adjust your treatments as they track your results.



Get your life back



Ask today if this therapy is right for you.

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free yourself

**SPINAL DECOMPRESSION A
NON-SURGICAL ALTERNATIVE**

Back pain is the number one cause of disability in people under 45 and the third leading cause of disability over 45⁶. Spinal Decompression Therapy has been proven effective at relieving the pain and symptoms from many causes of back pain. For some patients, surgery can even be avoided with Spinal Decompression Therapy.²

If you are interested in finding out if Spinal Decompression Therapy can benefit you or someone you know, contact the healthcare provider below.

For more information contact: