



The Spine & Disc Center
ADVANCED NATURAL PAIN RELIEF THERAPIES

Getting Your Back...Back Non-Surgical Spinal Decompression

By Brigitte Rozenberg, DC



Dr. Brigitte Rozenberg, D.C.

Few physical ailments negatively impact quality of life as severely as chronic back pain. Whether sitting, standing, walking, or lying down, the pain remains. Living this way, day-to-day, can also adversely affect a person's mood, robbing them of joy.

*Approximately 25 percent of adults experience lower back pain regularly. Lower back pain is the second most common reason for a visit to a physician, the fifth most common cause of hospital admission, third most common indication for surgery (a *New England Journal of Medicine* report states that 51 percent of all back surgery is unnecessary), and the most common and most expensive reason for work disability.

Thanks to the concerted efforts of a group of top physicians and medical engineers, Non-Surgical Spinal Decompression was developed for patients as an alternative to other invasive treatments, such as injections or surgeries, in an effort to alleviate their chronic neck or back pain.

Non-Surgical Spinal Decompression Treats:

- Back pain
- Neck pain
- Bulging or herniated disks
- Degenerative disk disease
- Worn spinal joints –posterior facet syndrome



- Relapse or failed back surgery
- Spinal stenosis

In Non-Surgical Spinal Decompression, which uses an FDA-approved medical device equipped with cutting-edge technology, the patient remains fully clothed. They are fitted with a harness securing the upper body and pelvis to a doctor-operated, computer-controlled table.

How It Works

Non-Surgical Spinal Decompression slowly lengthens and decompresses the spine creating negative pressure within the discs. This creates an intradiscal vacuum that takes pressure off pinched nerves and helps to reposition bulging discs into place.

Non-Surgical Spinal Decompression brings essential nutrients, oxygen, and fluids back into the disc, which immediately helps the healing process.

Over a series of relaxing treatment sessions, patients experience significant pain reduction and remission of symptoms. Some patients even notice a significant improvement in their symptoms after the first few treatments.

During the first visit, the doctor will conduct a physical exam and determine whether a patient is a candidate for spinal decompression treatment. In addition to the clinical exam, most doctors will require an MRI in order to properly diagnose and customize treatment.

A typical treatment regimen consists of 20-25 sessions over a 6-8 week period however, a specific treatment will be determined based on each individual's needs.

Individually-designed treatments that may be incorporated with Non-Surgical Spinal Decompression include an exercise regimen, yoga, heat/cold therapy, patient education, acupuncture, chiropractic manipulation, acupressure/massage, cold laser, and electrical muscle stimulation.

Non-Surgical Spinal Decompression has successfully demonstrated its effectiveness in relieving and drastically reducing back pain in many patients, enabling the majority of them

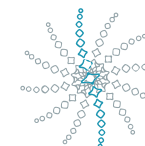
to resume a more-active lifestyle.

Backed by some of the biggest medical research facilities in the world such as Harvard, Johns Hopkins, and the Mayo Clinic, studies have revealed a remarkable 86 to 92 percent success rate in treating lumbar disc-related problems.

What is most important is educating yourself about your condition and understanding all of the options available to you. You will then have all the information needed to determine which treatment is best suited for your individual needs.

With the advancements in medical technology, we are able to achieve great results.

It is worth considering Non-Surgical Spinal Decompression as a treatment choice prior to a more invasive procedure.



The Spine & Disc Center
ADVANCED NATURAL PAIN RELIEF THERAPIES

(310) 776-9123

12568 Washington Blvd #202
Los Angeles, CA 90066