

## **Spinal Decompression Therapy**

Do you suffer from persistent disc-related back pain, neck pain and/or radiating arm and leg pain?

Does the pain interfere with your daily activities, such as getting dressed, driving, sleeping or even sitting down and standing up?

Have you been diagnosed with a spinal disc problem, but you want to avoid surgery at all costs? Or you have already tried surgery, acupuncture and physiotherapy, but the pain is still affecting your quality of life?

If any of these situations sound familiar to you, then Spinal Decompression may be your long-term solution.

Spinal Decompression is an innovative, 100% non-invasive and affordable way of effectively reducing disc-related back pain as quickly as within a 6 to 8-week course of treatment, without undergoing surgery and without painkillers.

### **Who can benefit from Spinal Decompression?**

There are many conditions that can be treated with Spinal Decompression:

- Herniated discs
- Spinal stenosis
- Degenerative disc diseases
- Sciatica
- Lumbar disc injuries
- Arthritis, ankylosing spondylitis and osteoarthritis (facet syndrome)
- Spondylolisthesis
- Scoliosis
- Sacroiliac syndrome
- Post-laminectomy syndrome, failed back surgery syndrome or persistent pain experienced after back or spine surgery

Spinal Decompression can also be effective in case of sprains, strains and general lower back stiffness.

The safe and relaxing nature of Spinal Decompression makes it particularly suitable for the elderly and for those patients who need a very gentle and trauma-free therapy.

In some cases, such as severe obesity, nerve damage or severe osteoporosis, Spinal Decompression is not recommended. An initial consultation will help you understand if this is the right therapy for you.

## **How does Spinal Decompression work?**

Spinal Decompression is an advanced and specialized therapy that consists in using specific pulling forces to gently stretch segments of the spine in a longitudinal direction. This process, known as distraction, safely takes pressure off individual discs and nerves, while stretching the surrounding muscles and ligaments.

During the treatment, the patient lies fully clothed and relaxed on the distraction table, while the osteopath performs gentle and slow movements. In most cases, the treatment is absolutely pain-free. The distraction table makes use of precise angles of pull to target specific discs. By creating a lower pressure in the targeted disc, it draws healing nutrients into the disc, while facilitating the repositioning or retraction of the disc material.

## **Why is it effective?**

The effectiveness of this therapy is demonstrated by its long-term benefits:

- Pain relief
- Improved mobility in the spine and joints
- Spinal structures realigned
- Healthier intervertebral disc
- Less pressure on nerves
- More strength and flexibility in the supporting muscles and ligaments
- Rehydration of the disc
- Improved body's natural self-healing mechanisms

Spinal Decompression is a safe and effective alternative to surgery and painkillers.

**Don't let pain reduce your quality of life. Call us today for a consultation.**

To learn more about how Spinal Decompression works, please watch the video below.

*(Embed video at the bottom of the page)*