

ADVERTORIAL

DISC DECOMPRESSION THERAPY

A highly successful, nonsurgical solution for effectively treating disabling low back, neck and radiating arm and leg pain is *disc decompression therapy*.

If you are one of the millions of Americans who suffer from lower back or neck pain, you know how debilitating it can be. Burning, shooting nerve pains and muscles in constant spasm make even the simplest movement an ordeal. Often, just finding a comfortable position is virtually impossible.

Traditional treatment starts with medication and bed rest and ends with the prospect of surgery – a painful, expensive, frightening experience. Treatments such as acupuncture, epidural injections, hot/cold therapy, massage and other “therapeutic” techniques may offer limited relief.

Considerable research has produced a relatively new therapy that is upwards of 80% effective in treating intervertebral disc problems. This treatment, known as decompression therapy, has opened the floodgates of new patients to Tri County Pain Management Center in Warminster, Pa.

Decompression therapy is a traction-based procedure that relieves pain associated with disc herniation, degenerative discs, posterior facet and compression-related syndromes. It also enhances the healing process and renders quick, effective and amazing pain relief that enables most patients to return to a more active lifestyle! It is an FDA-cleared procedure, and most insurances cover traction therapy.

Decompression occurs as a result of an improved understanding of how to reliably cause the spine to “unload.” The vertebral separation causes a vacuum or a centripetal force in the disc, which results in a “negative systolic pressure.” This “vacuum effect” helps in the retraction (pulling in) of the extruded disc material. When the disc retracts it can stop putting pressure on the spinal nerve or spinal cord. Thus the term “decompression.” Once the nerve is decompressed, 80% of patients will notice a decrease in arm/leg pain.

Someone who has previously not found relief through other treatments is a perfect candidate for this treatment. Decompression therapy may also be useful in determining the overall prognosis of passive care and expediting the phase-in of rehab protocols. Clinical findings suggest decompression will create a relatively quick initial response. Patients who will do well tend to feel a sense of relief (which can be direct pain cessation or a centralization of pain and/or reduction to an ache or stiffness) within six



sessions. Full relief, if attainable through this passive treatment, will usually be in as soon as a few weeks. (Occasionally a “stubborn” pain syndrome may continue to improve slowly over 15 sessions, though this is not the norm.) Often, patients will be treated in 4-6 sessions and notice enough relief to allow active rehab to begin. Their decompression may continue (pre- or post-rehab depending on the methods chosen) for 4-6 further sessions before discontinuing or reducing the frequency. Typical frequency is 3-5 times per week. The extent and seriousness of the symptoms will determine if more than 3 sessions per week should be used. Treatments only take about 25-30 minutes, and again, most insurance companies cover them. For more information on how you can benefit from the Decompression Therapy System (DTS), call Tri-County Pain Management Center at 215-957-5400.