



SIMON SPINE

Decompression

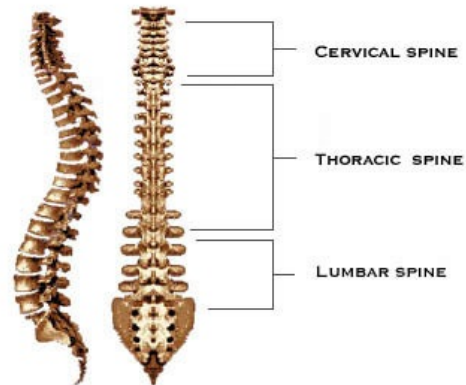
Have you, or someone you know, been told you need neck or back surgery?

Decompression Therapy is an effective treatment for these conditions and less expensive than surgery.

Spinal Disc Decompression is a unique, non-surgical therapy developed for the treatment of chronic lower back pain, herniated discs, degenerative disc diseases and painful nerve compression.

The Decompression-Reduction-Stabilization therapy is an effective treatment for:

- Herniated disc
- Degenerative disc
- Facet syndrome
- Sciatica
- Post-surgical patients
- Spinal Stenosis



Research indicates the disc is responsible for a significant number of low back/leg pain and neck/arm pain syndromes. Compression increases pressure between the discs, leading to annular compromise and possible extrusion of nuclear material.

Discs don't receive fresh blood and oxygen with every beat of the heart. They require "diffusion" created by motion and "Decompression" to restore nutrients and enhance healing.

Our clinical findings suggest Decompression will create a relatively *quick* initial response and patients who do well tend to feel a sense of relief within six sessions. Full relief, if attainable through this passive treatment will usually be in 8-12 sessions. Occasionally a "stubborn" pain syndrome may continue to improve slowly over 15+ sessions though this is not the norm. Often patients will be treated 4-6 sessions and notice enough relief to allow active rehab to begin. Their Decompression may continue for 4-6 more sessions before discontinuing or reducing frequency.

Typical frequency is 3-5 times per week. The extent and seriousness of the symptoms will determine if more than three sessions per week should be utilized. Our experience suggests Decompression is also an excellent supportive or maintenance treatment for those cases where pain relief is marked but prone to becoming worse.

The Dynatronics DX2 system represents the finest Decompression Traction System available today. Cervical, lumbar, and wrist Decompression Traction can be delivered utilizing the Dynatronics DX2 in a controlled and proven method.

The Spinal Decompression Table in conjunction with the additional modalities effectively relieves pain and disability resulting from disc injury and degeneration, by repairing damaged discs and reversing dystrophic changes in nerves. Spinal Disc Decompression addresses the functional and mechanical aspects of discogenic pain and disease through non-surgical Decompression of lumbar intervertebral discs.



SIMON SPINE

Decompression Frequently Asked Questions

Q: What is Spinal Decompression Traction Therapy?

A: Spinal Decompression Traction Therapy is a non-surgical, comfortable traction therapy for the relief of back and leg pain or neck and arm pain. During this procedure, by cycling through distraction and relaxation phases and by proper positioning, a spinal disc can be isolated and placed under negative pressure, causing a vacuum effect within it.

Q: What can this vacuum effect do?

A: The vacuum effect accomplishes two things. From a mechanical standpoint, disc material that has protruded or herniated outside the normal confines of the disc can be pulled back within the disc by the vacuum created within the disc. Also, the vacuum within the disc stimulates the growth of blood supply, secondarily stimulating a healing response. This results in pain reduction and proper healing at the injured site.

Q: What machine is used for this purpose?

A: There are a number of spinal Decompression machines presently used in the United States. After significant research, Simon Spine has chosen to use the Dynatronics DX2 machine.

Q: Who can benefit from Spinal Decompression Traction Therapy?

A: Spinal Decompression Traction Therapy is designed to unload the spinal disc. Any back pain or neck pain caused in whole or in part by a damaged disc may be helped by spinal Decompression Traction Therapy. These conditions include herniated, protruding or bulging discs, spinal stenosis, sciatica or radiculopathy (pinched nerves).

Q: Are there conditions where Spinal Decompression is not indicated?

A: Spinal Decompression Traction Therapy is usually not recommended for pregnant women, or patients who have severe osteoporosis, severe obesity or severe nerve damage. It is not recommended for patients over 70 years of age. However, every patient is evaluated on an individual basis. Spinal surgery with instrumentation (screws and metal plates or "cages") is also contraindicated. Surgery to the discs without fusion or fusion using bony replacement is not contraindicated.

Q: How often do I take treatment sessions? How long does each session last?

A: Each session includes Decompression Traction Therapy and spinal stabilization exercises and takes about 1 hour. Spinal Decompression is usually performed 3-5 times per week for 15-20 sessions.

Q: I have had spinal surgery, but continue to have pain. Can I try Spinal Decompression Traction Therapy?

A: Spinal Decompression Traction Therapy can help people with back pain after failed spinal surgery. It can be performed in most patients who have not been left with an unstable spine after surgery.