

## Are you suffering from Back Pain?

Back pain is the one of the number one complaints in North America, affecting 80% of us at one time or another. These problems often mean a permanent loss of some function forcing you to give up things in your life that you may not want to give up. That's the bad news.

The good news is Spinal Decompression Therapy. No surgery. No drugs. No incision or injections. And for most people, no more pain.

## Frequently Asked Questions

### **Q: Who can benefit from spinal decompression?**

**A:** Spinal decompression therapy is designed to unload the spinal disc. Any back pain caused in whole or in part by a damaged disc may be helped by spinal decompression therapy. It is designed to correct the underlying problem not just relieve the symptoms.

### **Q: Does it hurt? Is it safe?**

**A:** Spinal decompression therapy is extremely gentle and virtually pain-free. Most patients once used to the belts find the pulling very relaxing and it is not uncommon for patients to fall asleep during treatment. Patients with conditions that may compromise the integrity of the spinal column, such as gross osteoporosis, spondylolisthesis grade II and above, recent fractures, tumours, aneurysms or congenital pars defects are not candidates for this kind of treatment.

### **Q: Do I need an MRI or a CT scan?**

**A:** It helps to determine how severe the spine is damaged, and is helpful in determining how many treatments will be required. A full examination and spinal x-rays will be necessary prior to first decompression pull to rule out any contraindicators.

**Q: I have no low-back pain, but unexplained hip pain, or no pain at all. Could decompression help me?**

**A:** A thorough examination will decide if the pain is caused by the low-back or something else entirely. If a nerve or nerves are pinched, pain can radiate into the hip, causing hip pain without low back pain. Frequently there are problems in the low back from either spinal trauma or injury that can weaken the spinal column, making it unstable without noticeable pain.



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

**A:** Spinal Decompression therapy can help patients with back pain after failed spinal surgery, unless hardware (screws, rods, etc) have been implanted in the spine. It can be performed in most patients who have not been left with an unstable spine after surgery.

**For further information regarding Spinal Decompression Therapy call:**

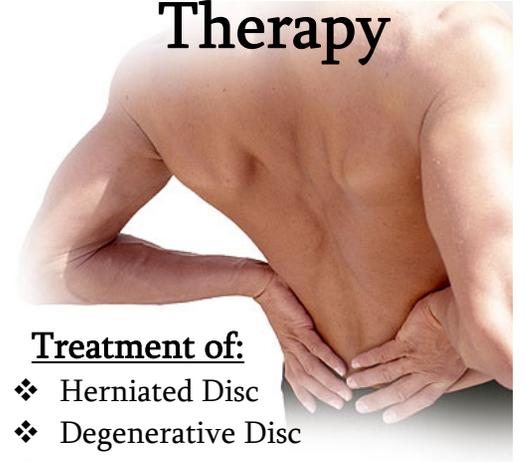
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# Tired of Living with Back Pain?

Now there is a real solution....

## Spinal Decompression Therapy



### Treatment of:

- ❖ Herniated Disc
- ❖ Degenerative Disc
- ❖ Sciatica
- ❖ Facet Syndrome (Spinal joint jamming/ fixation)
- ❖ Spinal Stenosis
- ❖ Pre / Post Surgical Patients

**Without Surgery**

## Why is our spine so prone to injury?

Your spine must be stable to support upright posture, and also flexible, allowing you to bend and twist. This is mechanically very challenging and makes your spine vulnerable to injury.

The spine is made up of a chain of bones, called vertebrae, which are connected together by ligaments and muscles. The vertebrae cover and protect the spinal cord, which carries sensory messages to and from the brain, controlling all your body functions.



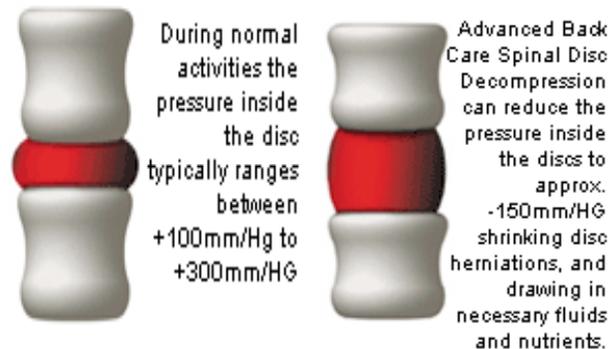
A disc separates each vertebrae and acts like a cushion, absorbing shock along the spine. The disc is made up of jelly like substance known as the nucleus, covered with many strong outer layers called the annulus. The discs do not have a supply of blood vessels to nourish and

replenish them, rather, they depend on a transfer of fluids, nutrients and oxygen from the bones (vertebrae) above and below them. This transfer of fluid depends on the difference in pressure between the inside of the discs and the surrounding vertebrae and blood vessels. This is why most disc nutrition and regeneration takes place when we lie down and the pressure inside the discs is reduced. This process is not very efficient, and as we age, the disc is exposed to wear and tear greater than its ability to heal and regenerate.

The discs are prone to injury and degeneration as we use our backs each day, as they are compressed and torqued through sitting, bending and lifting. In the two lower levels of the lumbar spine, stress forces can equal 2,000 to 3,000 pounds of pressure per square inch. Repeated injury weakens the annulus, while the earliest changes that occur in the discs are tears in the annulus. With increased pressure inside the disc, the tears in the annulus may allow the disc to bulge like an old tire with a broken casing. Any internal damage to the disc

may cause severe pain in the back. If all of the layers of the annulus break, the jelly-like nucleus will ooze out of the disc, causing a disc herniation. A bulging or herniated disc may press on spinal nerves, causing sciatica, which can be felt as weakness in your muscles, loss of sensation in the skin or a tingling or burning sensation along the nerves in your buttock and legs.

Repeated episodes of injury results in the degeneration of the disc, which becomes stiff and dry, causing it to lose its shock absorbing properties. This process may continue until the disc is collapsed, which increases the mechanical pressure on the bones and joints leading to arthritis (facet syndrome).



## How does Spinal Decompression work?

It is a fact that damaged intervertebral discs seldom heal, as the discs are constantly under pressure, even while you are at rest. Spinal Decompression Therapy uses clinically proven principles to non-surgically decompress the spine and reduce the pressure inside the discs. Decompression or the reduction of pressure inside the discs facilitates the transfer of fluids, and nutrients and oxygen back inside the disc and result in the retraction of bulging or herniated discs, providing welcome relief of nerve pressure and assists the natural healing of the disc.

Previous research of this technology found that the treatment provided good to excellent relief in 86% of patients with ruptured intervertebral discs and 75% of those with facet degeneration.

## What to expect, during your treatment

All treatments are administered with the patient fully clothed. The patient is comfortably positioned on the table and the pelvic belt adjusted to comfortably secure the patients pelvis. The upper torso is captured by a comfortable securing system incorporated into the table. The pelvic tilt section will be electronically tilted, so that specific spinal segments can be targeted. With precise and painless computer controlled tension, the specific disc segment is gently distracted to reduce the pressure inside the disc.



Most patients will find relief of their symptoms between 15 and 25 sessions (approx. 4-8 weeks of treatment) with prior laser and interferential physiotherapy, and alternating chiropractic adjustments and deep tissue massage. All treatments are finished with 10-15 minutes of icing.

Most patients are able to return to normal levels of activity at work or recreation in just a few weeks time.