



GUIDE TO SPINAL DECOMPRESSION

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AT ANY GIVEN TIME,

approximately 31 million Americans are experiencing lower back pain, according to the American Chiropractic Association. In fact, half of those surveyed reported having back pain every year. As a result, this ailment is a significant contributor to missed work, ranking second after upper respiratory conditions.



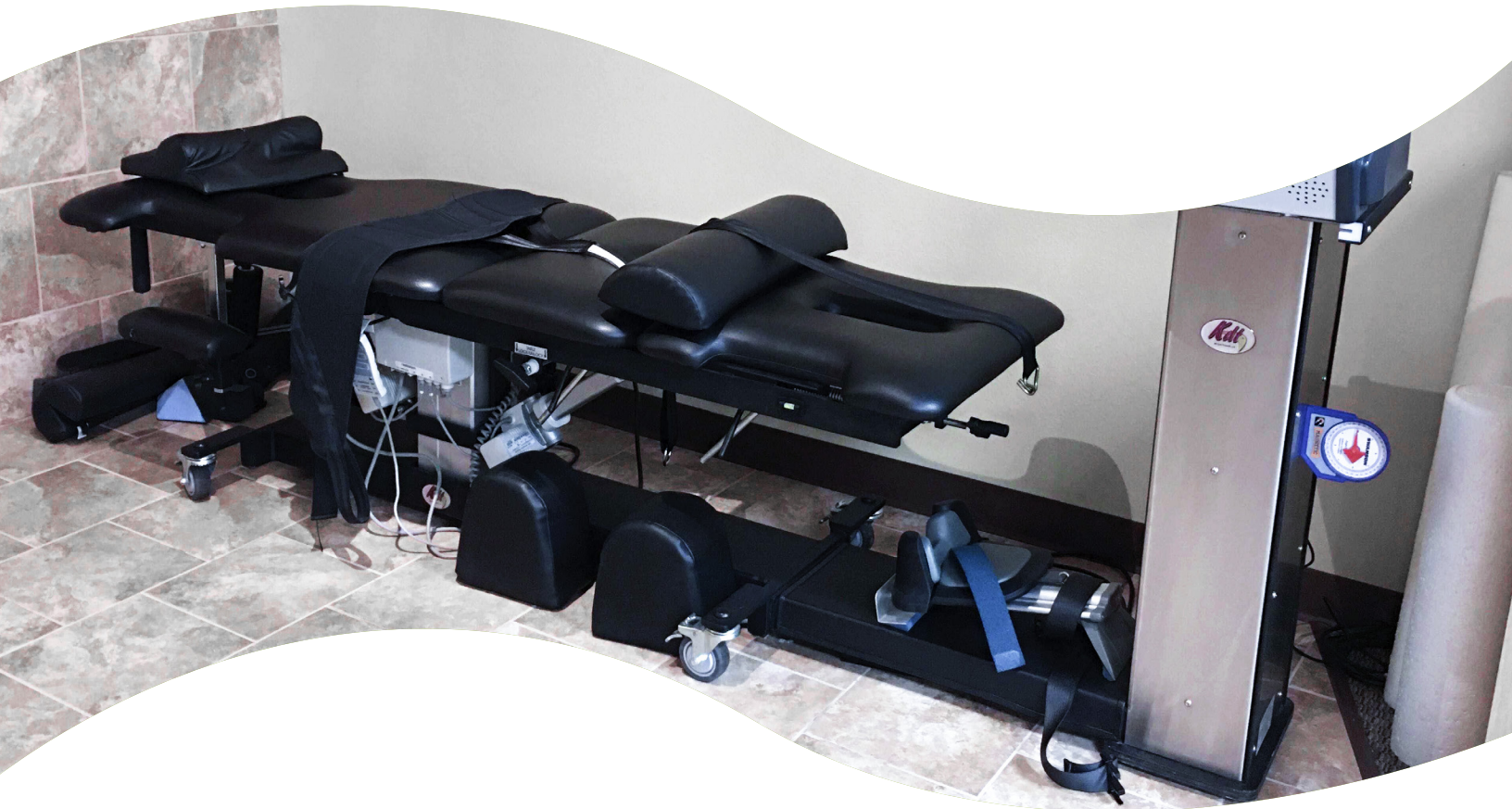
31 MILLION

Americans suffer from
lower back pain.

The assumption that back pain will go away on its own is common, but untrue in many cases. For those in pain, the prospect of surgery, shots or living with the pain area are all unpleasant. Spinal decompression is an ideal solution.

WHAT IS SPINAL DECOMPRESSION?

In short, spinal decompression is centered around gently stretching the spine to change its force and position, taking pressure off injured discs. The therapy involves motorized decompression that relieves chronic back pain and gets patients back to living a normal life.



Spinal discs act as a cushion between the bones in your spine. When they are injured (herniated, degenerated, worn or bulging), they can leave you in a great deal of pain and discomfort. Spinal decompression creates negative pressure on spinal discs, which can help promote increased oxygen, water and other nutrient-rich fluids reaching the spinal discs, to facilitate more rapid healing.

CAUSES OF PAIN

Spinal decompression can treat many common causes of back pain, including:

HERNIATED DISCS: When the soft center of the disc pushes through a crack in its hard exterior.

SCIATICA: Once a disc becomes herniated, the pressure from the herniated area can push against the nerve in the spine, causing pain in the back and down the leg or legs.



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DEGENERATED DISCS: With age, discs between the vertebrae lose cushioning and become fragmented, which can cause pain and discomfort.

SPINAL STENOSIS: Age, along with wear and tear on the back, causes the narrowing of the spinal canal. It can put pressure on both the nerves in the spine and the spine itself.

THE BENEFITS

NONINVASIVE

It's important to note that spinal decompression is not a surgical procedure, but a noninvasive therapy method. The risks and costs of surgery are daunting for anyone, and decompression is an excellent, low-risk and cost-effective alternative.



GUIDED BY TECHNOLOGY

Carlson Chiropractic utilizes the Kennedy Decompression Technique, which is a comprehensive approach incorporating thousands of clinical treatment trials to determine the best treatment for patients. State of the art computerized decompression tables allow us to custom-tailor the sessions for maximum effectiveness.

COMMON QUESTIONS

HOW LONG WILL IT TAKE?

Of course, each patient is different, and each treatment is designed to suit the specific therapy plan's needs. On average, treatments usually last between 10 and 30 minutes each and often require between 20 and 28 visits over a 5 to 7 week period.



WILL IT HURT?

In almost all cases, the treatments are completely painless. Patients have been known to sleep through the decompression sessions, as the effects of diminishing pain are quite relaxing.

WHAT ELSE WILL I NEED?

To reduce inflammation and assist the healing process, supporting structures may be treated with supplemental physical therapy, chiropractic adjustments, or rehabilitation.



If you suffer from back pain, you shouldn't ignore it. Chiropractors can provide you with an alternative to surgery. Our team works to educate you on all aspects of a healthy lifestyle-not just performing a quick fix to your back or neck pain. We will personally tailor a program specifically targeted to your wellness needs.

Let the professionals at Carlson Chiropractic Center be your complete health and wellness providers. With our state-of-the-art chiropractic facility, let us help you discover the true wellness lifestyle!



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