

What is Decompression Therapy?

Each of us is constantly in a battle—with gravity! A frequent casualty is the soft disc material that separates each spinal bone. Pressure from our weight, trauma from an accident and other causes can increase the pressure on a weakened disc. In extreme cases, the soft pulpy center of the disc can escape. That can be quite painful.

We use the latest technology to help relieve the effects of back pain due to herniated and degenerated discs. Since discs are constantly under weight-bearing pressure, they can be slow to heal. By gently “stretching” your spine, we help relieve pressure and enhance healing. This is called disc decompression.

First, we’ll have you lie down on our specially-equipped table. Then, ever so slowly, we’ll stretch your spine. And then relax it. Stretch. And relax. Our patients tell us this tractioning process is quite pleasant, even relaxing. Because they don’t feel the need to “guard” their spine, each sequence helps the damaged disc receive nourishment, expel cellular waste and enjoy reduced pressure. Then, healing can begin.

While not a cure-all, our decompression table is highly effective, especially when combined with chiropractic care. Our experience shows that decompression can be helpful in supporting cases prone to frequent relapses. Do you know someone we could help overcome the effects of gravity?



Spinal Decompression

Gently drawing apart each joint like an accordion allows the spine to reset. The pumping action enhances soft tissue nutrition and rehabilitation. Just like the accordion draws air into it when you pull it apart, your spinal joints draw water and nutrients in when the right amount of pull is provided to the joints.

Disclaimer: This information is not intended as a substitute for medical or chiropractic professional help or advice, but is to be used only as an aide in understanding spinal and nerve issues.

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