



## Severe Back or Neck Pain That Won't Let Up?

If your pain is intense, constant, or affecting how you work, sleep, or move – there is something important to understand.

When pain involves a damaged disc, it rarely “just goes away.” As long as pressure remains, symptoms often continue.

Whether surgery has been mentioned, or you simply want the pain to stop and prevent it from getting worse.

**Non-Surgical Spinal Decompression is a conservative treatment designed to reduce pressure inside damaged discs.**

## Why Does a Disc Hurt So Much?

When a disc bulges or herniates, it presses on a nearby nerve. That pressure can cause:

- sharp or shooting pain
- burning down the leg or arm
- numbness or tingling
- weakness
- deep, constant aching

Nerves are very sensitive – even small pressure can trigger strong symptoms. Medication may dull the pain. But it does not remove the pressure on the nerve. As long as pressure remains, symptoms usually remain as well.

## What Does Spinal Decompression Actually Do?

Spinal decompression gently stretches the spine using computer-guided traction. As the vertebrae separate slightly:

- pressure inside the disc decreases
- a vacuum-like effect forms inside the disc
- bulging or herniated material moves inward
- pressure on the nerve reduces

## When Do Patients Usually Try This?

**People often consider decompression when:**

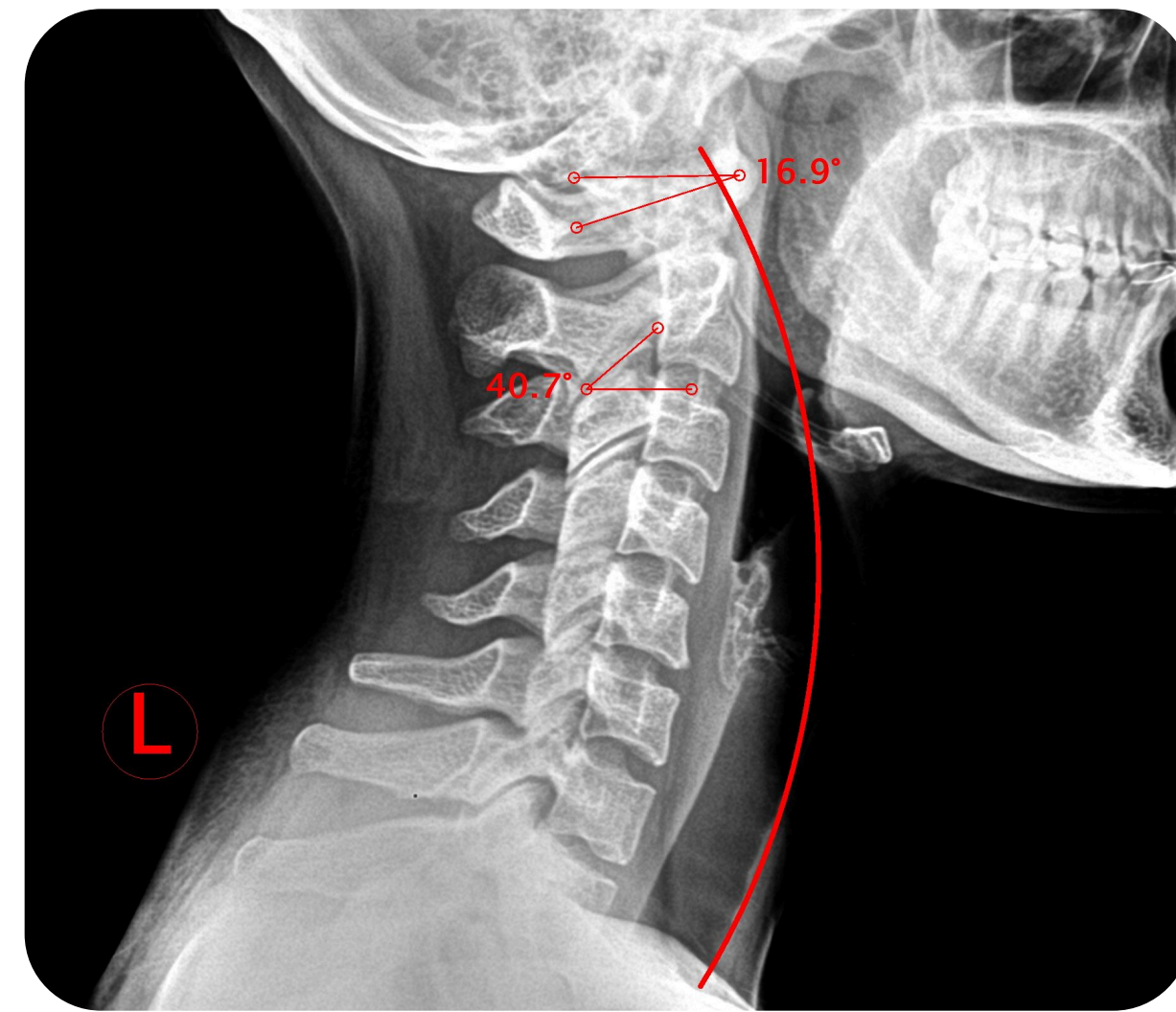
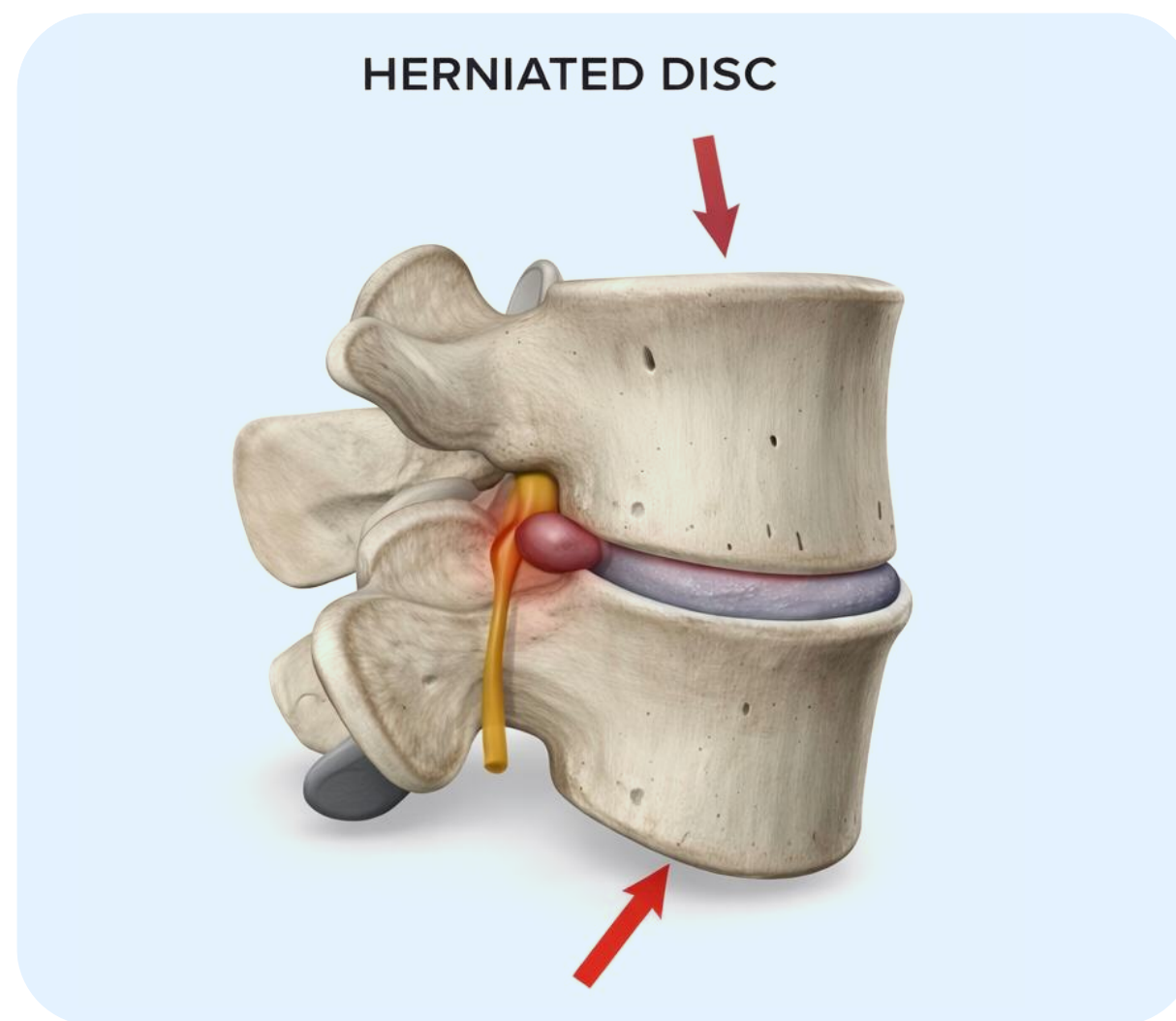
- pain is not improving
- other treatments have not provided lasting relief
- surgery has been mentioned
- they want to prevent the condition from worsening

Many patients come in because the pain is interfering with daily life. Some notice relief after the first session.

Others complete a structured plan and are able to postpone – or sometimes cancel – planned surgery.

We do not guarantee outcomes. But we consistently see meaningful improvement.





## Who Benefits from Spinal Decompression?

We have seen strong results in patients with conditions such as:

- Low back pain
- Neck pain
- Spinal stenosis
- Facet syndrome
- Sciatica (pain down the leg)
- Radicular pain in the arms or legs
- Numbness or tingling in the arms or legs
- Weakness in the arms or legs
- Joint pain
- Bulging or herniated discs
- Discogenic pain
- Degenerative Disc Disease (DDD)
- Degenerative Joint Disease (DJD)
- Post-surgical pain

## Is it Effective?

**Yes.** Research shows that non-surgical spinal decompression can significantly reduce pain and improve mobility in patients with disc-related conditions.

In clinical studies, average pain reduction reached: **88.9%**

Many patients notice improvement within the first five to six visits. Individual results may vary.

## What to Expect

- You remain fully clothed
- You lie comfortably on a motorized table
- A harness gently stabilizes your body
- The table alternates between stretch and relaxation cycles
- Each session lasts about 15 minutes

Most patients do not feel pain during treatment. Many describe it as a gentle stretching sensation.

Some notice improvement within the first few visits. Meaningful progress typically occurs over a structured treatment plan.



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