

FREQUENTLY ASKED QUESTIONS

What is Spinal Decompression Therapy?

DTS ADVANTAGES

- Extremely Safe
- Likely Effective
- FDA Cleared
- Non-Surgical
- Affordable Cost

Spinal decompression therapy is FDA cleared and has a high success rate for pain associated with herniated or bulging discs...even after failed surgery. It is a non-surgical, traction based 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.

How does this negative pressure affect an injured disc?

During spinal decompression therapy, a negative pressure is created within the disc. Because of that negative pressure, disc material that has protruded or herniated can be pulled back within the normal confines of the disc, and permit healing to occur.



What system is used for this purpose?

After a significant amount of research, we chose the Triton® DTS system manufactured by the Chattanooga Group, the premier manufacturer of physical medicine equipment. More importantly, our system has the computerized head that won the Australian Design Award in the "Medical and Scientific" category. We also selected the Triton® DTS system due to the ability to treat discs in both the neck and the low back.



How is Spinal Decompression Therapy different from regular traction?

The award winning Triton® computer is the key. It controls the variations in the traction pull allowing for spinal decompression and eliminating muscle guarding that is typical in conventional traction devices. The preprogrammed patterns for ramping up and down the amount of axial distraction allows for higher levels of spinal decompression and disc rehydration.



Who can benefit from Spinal Decompression Therapy?

EFFECTIVE FOR

- ☑ Ruptured Discs
- ☑ Spinal Stenosis
- ☑ Sciatica
- ☑ Facet Syndrome
- ☑ Failed Surgery

Anyone who has back pain or neck pain caused in whole or in part by a damaged disc may be helped by spinal decompression therapy. These conditions include herniated, protruding or bulging discs, spinal stenosis, sciatica or radiculopathy (pinched nerves).

Are there medical studies that document the effectiveness of Spinal Decompression Therapy?

Yes! One study documented by MRI up to 90% reduction of disc herniations in 10 of 14 cases and other studies reported that the majority of ruptured disc patients achieved "good" to "excellent" results after spinal decompression therapy.

[Click Here](#) if you would like to review the studies yourself.



The February 2007 issue of "*To Your Health*" Magazine features an article about spinal decompression therapy that discusses the safety and effectiveness of this non-surgical treatment for spinal disc herniations.

[Click here](#) to read the article.

Are there conditions where Spinal Decompression Therapy is not indicated?



Spinal decompression therapy is not recommended for pregnant women, patients who have severe osteoporosis, severe obesity or severe nerve damage.

Spinal surgery with instrumentation (screws, metal plates or “cages”) is also contraindicated. However, spinal decompression therapy after bone fusion or non-fusion surgery can be performed.

Are the sessions painful, how many will be needed and what is the cost?

The specific treatment plan will be determined by the doctor after your examination. Based on the research available at that time, our traditional treatment protocols typically used 20 sessions over a 6 to 8 week period.

The decompression sessions and related physical therapy would only be \$1,500 to \$2,000...which is a *fraction* of the \$5,000+ amounts that some other offices are charging.



With new developments in clinical evaluation and treatment techniques, the “typical” patient now can expect similar clinical results even more efficiently.

We also offer CareCredit that will allow you to finance the entire cost and make 12 monthly payments with no interest. Or if you need more time, you can set up repayment for up to 60 months. To apply for financing online and get instant approval in advance, just go to www.CareCredit.com.

CareCredit®

Do most patients receive therapy and rehabilitative exercises in addition to Spinal Decompression Therapy?



To reduce inflammation and assist the healing process, supporting structures are treated with passive therapies (ice/heat/muscle stimulation), chiropractic adjustments (as indicated) and/or active rehabilitation in order to strengthen the spinal musculature.

How do I get started?

We want to make it easy for you to learn if you are a candidate for Spinal Decompression Therapy. We offer a complimentary consultation and evaluation which will give Dr. Wilson enough information to determine if you can be helped with Decompression Therapy.

If we think that you are NOT a candidate for care in our office, we will attempt to recommend what type of specialist would be most appropriate for you. If we feel that we can accept you as a patient, we will complete our Decompression Protocol Evaluation.

Based on the findings from that evaluation, your clinical history and any medical records available for review, we will determine if any additional diagnostic tests are indicated. (Please remember to bring any MRI films or reports so the doctor can review them and best advise you about your treatment options.)

If additional testing is NOT indicated, we will schedule you to begin your decompression sessions.