

# Dr. Colin Gage

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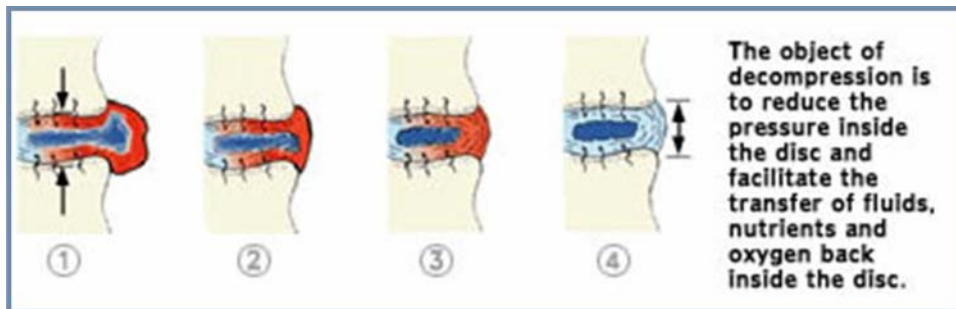
*"treating the cause of your problem, not just the symptoms"*

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## Q's and A's on Spinal Decompression

Since I incorporated "spinal decompression therapy" or "traction" into my practice, I have had numerous questions about it. Thus, this week, I thought I would try to clarify some of the more common questions. Please see below!

Spinal Decompression therapy gently, precisely and safely puts tension on the lower back and creates a negative pressure inside the disc. This negative pressure creates a vacuum effect that actually draws the bulging or "slipped" material back into the center of the disc. It also draws fluids into the disc helping it re-hydrate and heal, or even just stay healthy if one is simply being proactive. Unlike other treatments for back pain, spinal decompression actually heals the discs and makes them healthier. If the decompression is successful, the disc remains healthy after the treatment is finished. Most other treatments, like medication and injections, only cover up the pain until it wears off or you aggravate your back again. The end result of Spinal Decompression is a strong, healthy, properly functioning disc in about 84% of the patients.



### **Does Spinal Decompression really work?**

Spinal decompression has been proven effective in relieving the pain associated with bulging and herniated discs, degenerative disc disease, sciatica, and even relapse or failed back surgery. Since its release, clinical studies have revealed an amazing success rate in treating lumbar disc-related problems with spinal decompression.

### **How is it done?**

Spinal decompression uses state of the art technology to apply a distraction force to relieve nerve compression. Using two separate straps, the decompression table is controlled by a computer, which creates the proper force prescribed by your chiropractic doctor. This force is instilled on your spine in one of two ways:

*Lumbar Decompression process:* one strap is wrapped around your hips and the second strap is wrapped underneath your ribs. The strap around your hips is the one which is attached to the machine which is exhibiting the force on your spine. The strap below your ribs is attached to the opposite end of the table to prevent you from sliding down the table.

*Cervical Decompression process:* one strap is wrapped around your hips and the second strap is wrapped behind the base of your head. There is also a Velcro forehead strap which secures the head in place. The strap under your head is the one which is attached to the machine and is exerting the force on your spine.

### **For whom is Spinal Decompression Therapy an effective treatment?**

Anyone experiencing one or more of the following:

- Herniated and bulging lumbar or cervical discs
- Degenerative disc
- Facet syndrome
- Sciatica
- Post-surgical patients, such as a failed back surgery that is more than six months old.
- Spinal Stenosis

### **How long does it take?**

The duration time for decompression varies. It is based on whether you are receiving a cervical or lumbar decompression and on the prescribed program, but on average it runs from 8 minutes to 20 minutes.

### **How long does it take to see results?**

Most patients report a reduction in pain after the first few sessions. Typically, significant improvement is obtained by the second week of treatment. Results vary from patient to patient, and will be affected by certain factors such as the inclusion of chiropractic adjustments and at-home care.

If you have any further questions in regards to spinal decompression and how it can help your neck or back problems, please do not hesitate to call me directly at my office (250-378-5456).

