

Non-Surgical Spinal Decompression

Active Release Technique is solving eventhe toughest cases without injections, surgery or physical therapy.

What conditions benefit from Active Release Technique?

ART may also be used to successfully treat these other upper extremity soft-tissue injuries

- Tennis and golfers elbow
- Carpal tunnel syndrome
- Hip, knee and ankle pain
- Low back pain
- Plantar fasciitis
- Stress headaches
- Pain between shoulder blade

What is Non-Surgical Spinal Decompression?

Non-Surgical Spinal Decompression is a revolutionary new technology that has been cleared by the FDA for use in treatment of certain spinal disorders. It is used primarily to treat disc injuries in the neck and low back. Spinal Decompression therapy is very safe and effective at treating bulging discs, herniated discs, pinched nerves, sciatica, radiating arm pain, degenerative disc disease, leg pain, facet syndrome and other neuromuscular and skeletal disorders.

Weakened or injured discs are susceptible to further injury, in large part, due to compressive forces. Figure A. (to the left) is an example of compressive forces on two vertebrae. A normal or healthy disc evenly distributes these forces. Each disc has two main parts, an inside softer layer and an outside harder layer. As the disc becomes injured, the harder outer layer becomes dry and weakened. Small tears or fissures further weaken the outer layer of the disc. Compressive forces on the vertebrae from above and below increase the pressure within the disc. With an injured or weakened disc, these compressive forces push the inside softer layer through the small tears or fissures into the outside layer. This ultimately results in nerve root pressure. The area can become painful and the injury will usually worsen over time. The pressure from the bulge or herniation puts pressure on the sensitive nerve roots and decreases blood flow to the injured area, as demonstrated in Fig B.

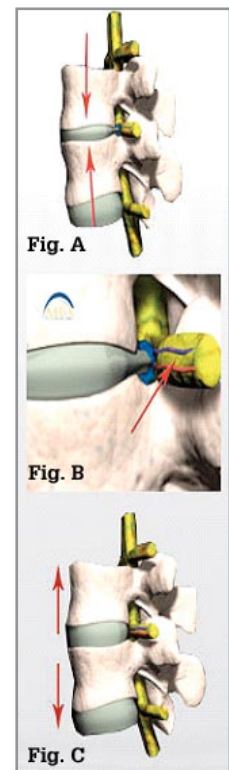


Fig C. demonstrates distraction or decompression of vertebrae. This causes a “vacuum effect”, which is also known as negative intra-discal pressure. This mechanism can be compared to that of a sponge. When a sponge is squeezed, water is pushed out and the sponge dries out. When the compressive forces of the sponge is let go, it is able to soak water back up.

Back Pain Stats

Low back pain affects at least 80% of us sometime in our lives, mostly prevalent between ages 30-60.

- Back Pain is the 2nd leading reason for visits to physicians and 1st in reason for missed work.
- Back pain is the 2nd most common reason for hospitalization, with Americans spending at least \$50 billion each year on low back pain, the most common cause of job-related disability.
- Most cases of back pain are mechanical in nature, meaning it is not caused by serious conditions, such as inflammatory arthritis, infection, fracture or cancer

Please contact our office if you have any further questions. We offer complimentary consults to determine if Non-Surgical Spinal Decompression Therapy can help you. Call today to schedule your free consult!

The technique of spinal decompression therapy has shown the ability to gently separate the vertebrae from each other, creating a vacuum inside the injured discs. This “vacuum effect” has the potential to pull some of the bulge or herniated material back in, allowing the injured area to heal and thereby reducing pressure onto the sensitive nerve root. The negative pressure may induce the retraction of the herniation or bulging disc into the inside of the disc, and off the nerve root and/or thecal sac. It happens only microscopically each time, but cumulatively, over four to six weeks, the results are quite dramatic.

Non-Surgical Spinal Decompression treatment consists of cycles. The cycles consist of decompression or traction, followed by partial relaxation. Over a series of treatments, this promotes the diffusion of water, oxygen, and nutrient-rich fluids from the outside of the discs to the inside. This cumulative “pumping” effect relays nutrients to the torn and degenerated disc fibers, allowing them to begin to heal and become strong again.

How does low back pain happen?

Most acute back pain is mechanical in nature. As people age, bone strength and muscle elasticity/tone tend to decrease. The discs begin to lose fluid and flexibility, which decreases their ability to cushion the vertebrae. If the spine becomes overly strained or compressed, a disc may rupture or bulge outward. This rupture may put pressure on one of the more than 50 nerves rooted to the spinal cord that control body movements and transmit signals from organs of the body to the brain. When these nerve roots become compressed or irritated, back pain results. Low back pain may reflect nerve or muscle irritation or bone or disc lesions. Most low back pain follows injury or trauma to the back, but pain may also be caused by degenerative conditions such as arthritis or disc disease, osteoporosis or other bone diseases, viral infections, irritation to joints and discs, or congenital abnormalities in the spine. Obesity, smoking, weight gain during pregnancy, stress, poor physical condition, posture inappropriate for the activity being performed, and poor sleeping position also may contribute to low back pain. Additionally, scar tissue created when the injured back heals itself does not have the strength or flexibility of normal tissue. Buildup of scar tissue from repeated injuries eventually weakens the back and can lead to more serious injury.

Common Misconception

A common misconception often cited is that 90% of back pain will go away on its own without treatment. However, a recent review published in the European Spine Journal in 2003, showed that the reported proportion of patients who still experienced pain after 12 months was 62% (range, 42-75%), dispelling the popular notion that up to 90% of low back pain episodes resolve spontaneously within 1 month.

There is also a large number of Americans who, after trying many standard treatments, are still left suffering with serious back pain. If you, friends, or family members have been told you have to learn to live with the pain, Non-Surgical Decompression may be for you. If you have tried exercises, physical therapy, acupuncture, drugs, and/or shots, and are now being told you need surgery, then Non-Surgical Spinal Decompression may be just what you are looking for. If you or your family members have been struggling with these debilitating conditions with little or no relief, then ask yourself the following questions.

- Are you currently dependant on medications on a daily basis?
- Are you limited in your physical daily activities?
- Have you had repeated injections or epidurals with little or no relief?
- Are you considering surgery and are uncomfortable with that choice?
- Have all the options been presented to you?
- Have you been out of work due to pain?

If you answered yes to any of these questions, then Non-Surgical Spinal Decompression Therapy is certainly a viable treatment option and could very well be what you're looking for.

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