



Spinal Decompression

The disc is a cushion that sits between each spinal vertebra. It acts as a shock absorber for the spine. When the disc is damaged, pressure builds up in the disc space and the disc itself starts to degenerate. This leads to pain and loss of mobility. By properly applying and directing decompression of the disc, healing of the damage can occur. Reports of medical literature show improvements in the range of 88% for pain and mobility.

Cervical and Lumbar Decompression is beneficial in cases of:

- herniated discs
- spinal stenosis- a narrowing of the area the spinal cord travels through
- any condition where mobilization and stretching of soft tissue is desired
- locked or degenerative facet pain syndromes (the facet is a small joint off the back of the vertebra).