

INTRODUCING SPINAL DECOMPRESSION THERAPY

We live in a compressed world where we sit or stand for the majority of our days. Bulging discs, herniated discs, degenerative disc disease, pinched nerves, sciatica, and arm pain or leg pain can often be attributed to the spine asserting pressure on the discs. Repetitive stress, poor posture or bad body mechanics can cause vertebrae to compress the discs or to slip out of alignment which then applies pressure to the discs.

Compressed discs lead to two major problems: a bulge or herniation pressing on a nerve; and brittleness of the disc. The problem is often perpetuated because the compressed disc restricts the flow of nutrients to itself which is necessary to heal.

Traditional treatments for compressed discs, depending on their severity, include chiropractic adjustments or surgery. Spinal Decompression Therapy is an alternative FDA approved treatment option that has shown excellent results and kept patients out of surgery. It is a non-invasive treatment that both your surgeon and chiropractor can agree on and recommend.

The decompression table applies a distraction force in between periods of relaxation. This gently pulls and elongates the spine, which creates a small vacuum between the vertebrae allowing the disc to come back into shape. Over time these treatments have a cumulative effect on the discs, allowing them to reshape, heal and get the proper flow of nutrients going to fend off future injuries. This method of treatment is non-invasive and has been shown to keep people from having costly surgeries.

Please contact our office for more information. Jennings Chiropractic, 5820 Library Road, Bethel Park, PA 15102, 412-283-1060