

Guide to Spinal Decompression



At Any Given Time,

Approximately 31 million Americans are experiencing lower back or neck pain, according to the American Chiropractic Association. In fact, half of those surveyed reported having back pain every year. As a result, this ailment is a significant contributor to missed work, ranking second after upper respiratory conditions.



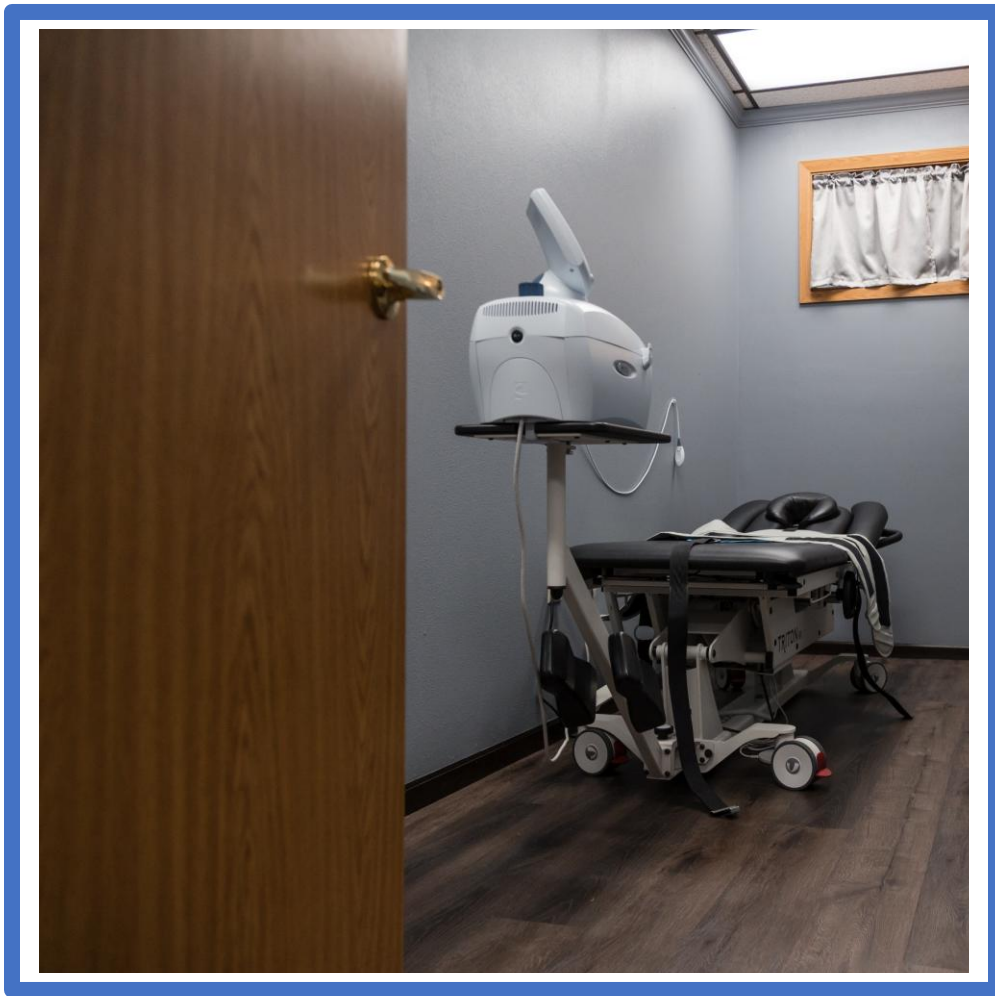
31 MILLION

Americans suffer from lower back pain.

Many people assume that back or neck pain will go away on its own, but this is untrue in many cases. For those in pain, the prospect of surgery, injections or just living with the pain are all unpleasant. Spinal decompression therapy can be an ideal solution.

WHAT IS SPINAL DECOMPRESSION?

Spinal decompression therapy is a proven, non-invasive treatment that offers relief, promotes healing and helps prevent surgery. Using a specialized decompression table that gently stretches the spine to reduce pressure on spinal discs, its highly effective in treating herniated discs, sciatica, degenerative disc disease and spinal stenosis. This non-surgical approach can help address the root causes of back and neck pain, providing long-term results without the risks or recovery time associated with surgery.



Spinal discs act as a cushion between the bones of your spine. When they are injured (herniated, degenerated, worn or bulging), they can leave you in a great deal of pain and discomfort. Spinal decompression therapy creates negative pressure within the discs promoting increased oxygen, blood flow and other nutrient-rich fluids to reach the damaged discs. This reduces inflammation, repairs tissue damage and facilitates more rapid healing while relieving nerve compression. Your spine will then function more effectively.

WHAT ARE SOME CAUSES OF BACK PAIN?

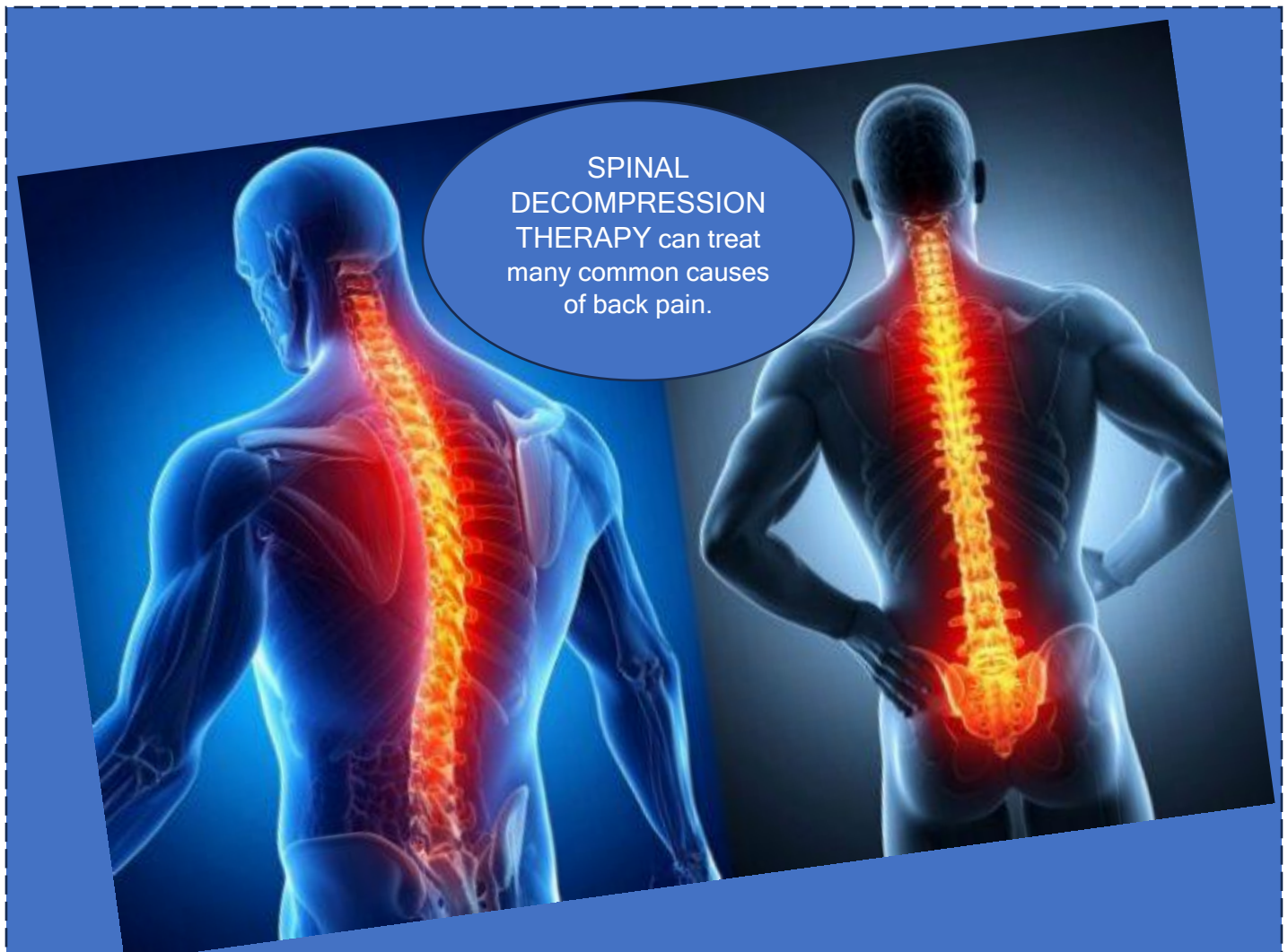
Spinal decompression therapy can treat many common causes of back pain, including:

HERNIATED DISCS: When the soft center of the disc pushes through a crack in its hard exterior.

SCIATICA: Once a disc becomes herniated, the pressure from the herniated area can push against the nerve in the spine causing pain in the back and down the leg or legs.

DEGENERATED DISCS: With age, discs between the vertebrae lose cushioning and become fragmented which can cause pain and discomfort.

SPINAL STENOSIS: Age, along with wear and tear on the back, causes the narrowing of the spinal canal. This can put pressure on both the nerves in the spine and the spine itself.



WHAT ARE THE BENEFITS OF DECOMPRESSION?

NON-INVASIVE

Spinal decompression therapy is not a surgical procedure. The risks and costs associated with surgery can be overwhelming for anyone. Decompression is an excellent, low-risk and cost-effective alternative. Beyond pain relief, spinal decompression therapy promotes long-term spinal health by supporting proper alignment and improving circulation. This enhances the body's ability to heal naturally and helps prevent future injuries.

LIMITED DOWN-TIME

Unlike surgery, which can involve a lengthy recovery period and potential complications, spinal decompression therapy allows patients to continue their normal routines. Its quick results and minimal downtime (typically just the time of the appointment) make it an appealing choice for those who want effective pain management and healing while accommodating their busy lifestyle.



GUIDED BY TECHNOLOGY

Nikolay Chiropractic uses state-of-the-art computerized decompression tables. This allows us to customize your decompression sessions for maximum effectiveness.

COMMON QUESTIONS

HOW LONG WILL IT TAKE?

Each patient is different, and each treatment plan is designed specifically for each patient's needs. On average, treatments will last between 12-20 minutes per visit, and a treatment plan often requires 24 visits.

IS DECOMPRESSION PAINFUL?

In almost all cases, the treatments are completely painless. Patients have been known to doze off during their sessions since they are so relaxed.

DO I NEED TO WEAR SPECIAL CLOTHING FOR MY SESSIONS?

Decompression can be performed with most types of clothing so nothing special is required.

If you suffer from back or neck pain, spinal decompression therapy can provide you a non-surgical, drug-free alternative. At Nikolay Chiropractic, we conduct a thorough evaluation before recommending spinal decompression therapy to ensure that it is the best option for your specific needs. We will personally tailor a program targeted for your individual needs. Let us help you get back to a pain-free life!



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