

# Now There's Hope for Lasting Relief with Non-Surgical Spinal Decompression

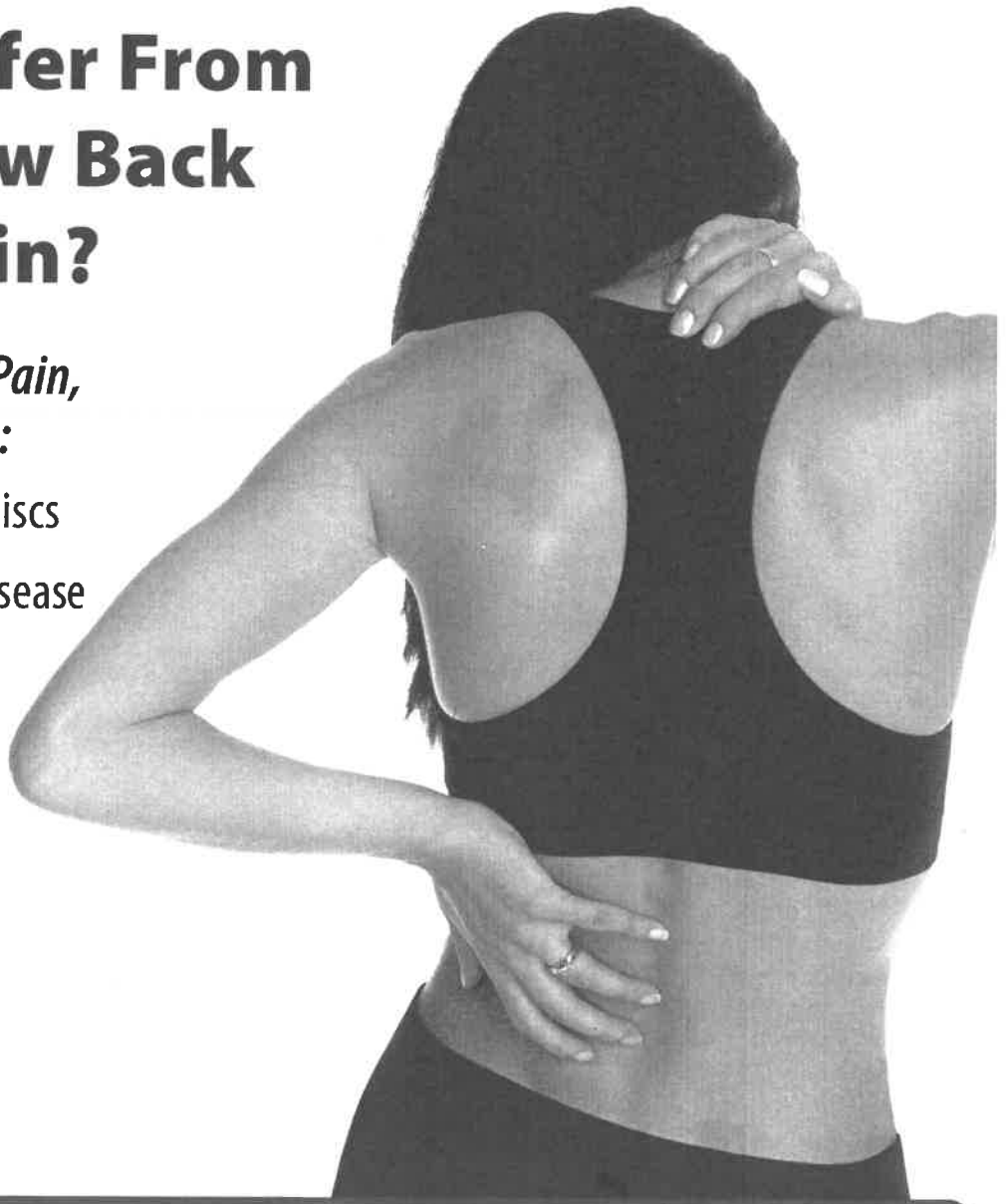
## Do You Suffer From Chronic Low Back or Neck Pain?

*Treat Neck Pain, Back Pain,  
and Sciatica caused by:*

- ▶ Bulging/Herniated Discs
- ▶ Degenerative Disc Disease
- ▶ Facet Syndrome
- ▶ Failed Back Surgery

*Without the use of:*

- ✗ Drugs
- ✗ Injections
- ✗ Surgery



*"As a surgeon, I only want to do surgery when I absolutely have to. Non-Surgical Spinal Decompression Therapy gives my patients a more conservative treatment option that can eliminate the need for surgery altogether, and that's a very good thing."*

**Dr. Bernard Zeliger DO, FACOS, FAOAO, FICS**

Osteopathic Physician and Orthopedic Surgeon

Founding Dean and Provost of Touro University • College of Osteopathic Medicine; Vallejo, CA

# An Effective Non-Surgical Treatment for Back & Neck Pain

*Non-Surgical Spinal Decompression Therapy is effective in treating Neck, Low Back, and/or Sciatica Pain caused by:*

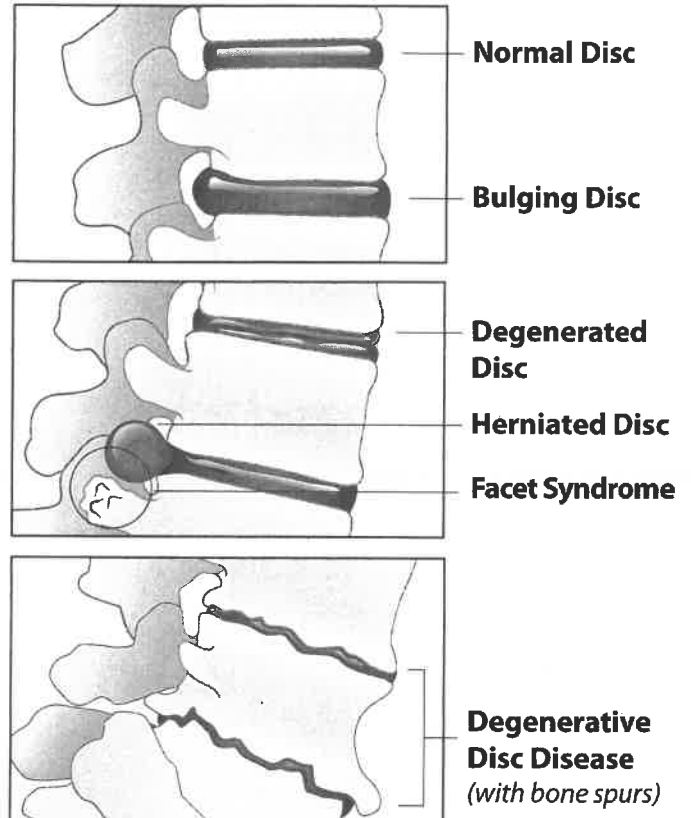
***Bulging/Herniated Discs • Degenerative Disc Disease  
Facet Syndrome • Failed Back Surgery***

## **Non-Surgical Spinal Decompression (NSSD)**

slowly lengthens and decompresses the spine, creating negative pressures<sup>1</sup> within the discs. This reversal of pressure creates an intradiscal vacuum that not only takes pressure off of pinched nerves, but helps to reposition bulging discs and pull extruded disc material back into place.

NSSD utilizes a sophisticated method of cycling the patient through a series of slow pulls, holds, and releases. The super-smooth transitions between each phase of therapy can make for an experience so relaxing that many patients often fall asleep.

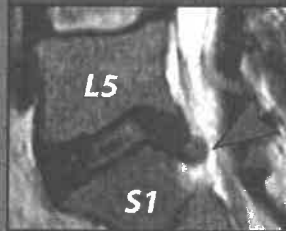
Over a series of treatment sessions, patients experience powerful pain reduction and healing. Some notice an improvement in their symptoms after the first few treatments! Even post-surgical<sup>2</sup> patients and those suffering from certain types of stenosis (narrowing of the spinal canal causing nerve compression) have reported significant pain relief.



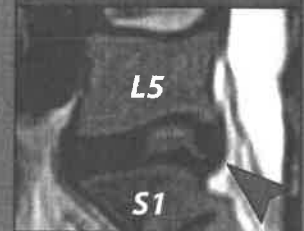
## ***"I suffered from low back***

***pain with numbness and tingling in my left foot and leg after a lifting injury. Medical doctors told me they could try a nerve block or I could have surgery, and that was it. I definitely didn't want to have surgery, so I looked for an alternative. After seeing a commercial for Non-Surgical Spinal Decompression, I called to make an appointment. I was very skeptical at first but I really knew I had nothing to lose. After three months of treatment, my back pain, tingling, and numbness that I've had to live with for over 10 years is gone." — Dan M.***

*Pre-Treatment MRI: Non Weight-bearing*



*Post-Treatment MRI: Weight-bearing*



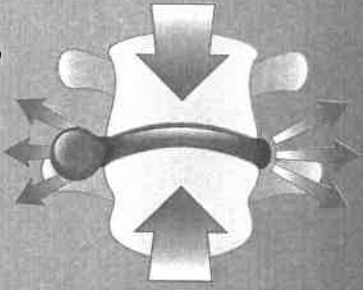
**Visible Results — Before and After:** Shown above are pre- and post-MRIs of a Non-Surgical Spinal Decompression Therapy patient who had a herniated disc in the L5-S1 region. The red arrows point to the injured disc, before and after treatment. Before treatment, the disc protrudes into the spinal canal, impinging painfully on sensitive nerves. After treatment, the once-extruded disc material has been literally "sucked" back into place! The result was a return to normal functioning.

1. Gustavo Ramos, M.D., William Martin, M.D., Effects of Vertebral Axial Decompression on Intradiscal Pressure, Journal of Neurosurgery, Vol. 81, No. 3, September 1994. This research was performed on a VAX-D unit, the foundational predicate device for Spinal Decompression machines having received FDA 510K clearance. VAX-D\* is a registered trademark of VAX-D Medical Technologies.

2. Although surgical hardware is a contraindication for Non-Surgical Spinal Decompression, post-surgical patients with low back hardware may qualify for cervical treatment, and patients who have had surgery with hardware in the cervical area may qualify for lumbar treatment. This is to be determined on an individual basis.

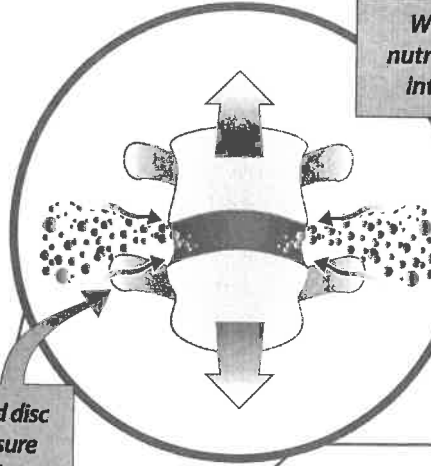
## Before Non-Surgical Spinal Decompression

Escaped disc material from a herniated disc impinges on nerves. Disc height decreases.



## During Non-Surgical Spinal Decompression

When external pressure is reduced, nutrients, oxygen, and fluids are drawn into the disc. Disc height increases.<sup>3</sup>

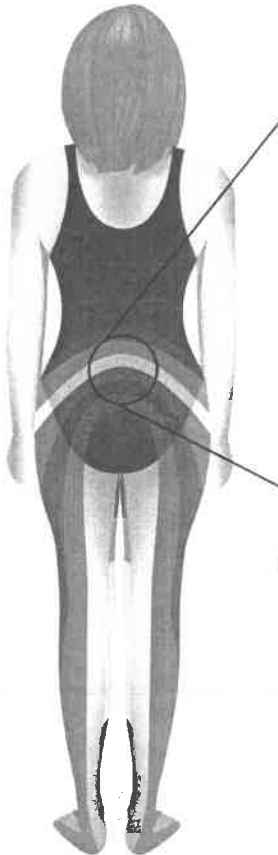


NSSD helps reposition extruded disc material back into place. Pressure on spinal nerves is reduced.

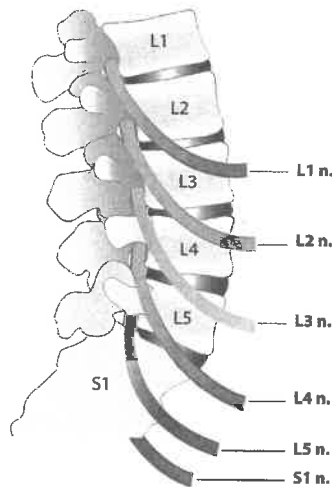


Non-Surgical Cervical Decompression for Neck Pain

Experts surmise that NSSD stimulates the body's repair mechanism, providing the building blocks needed to mend injured and degenerated discs. NSSD enables the body to get to work and heal itself! Now there truly is hope for lasting relief without drugs, injections, or surgery.



- L1
- L2
- L3
- L4
- L5
- S1



## Where Does It Hurt?

In this illustration, the letters L1–L5 refer to the lumbar (lower) portion of the spine and S1 refers to the first sacral vertebrae. Over 90% of low back herniated discs occur in the lowest two levels of the lumbar spine, between L4–L5 and L5–S1. The colors reflect the regions of the lower body potentially affected by compression of each given lumbar and sacral nerve root. Do you experience pain, tingling, numbness, and/or muscle weakness in any of these regions?

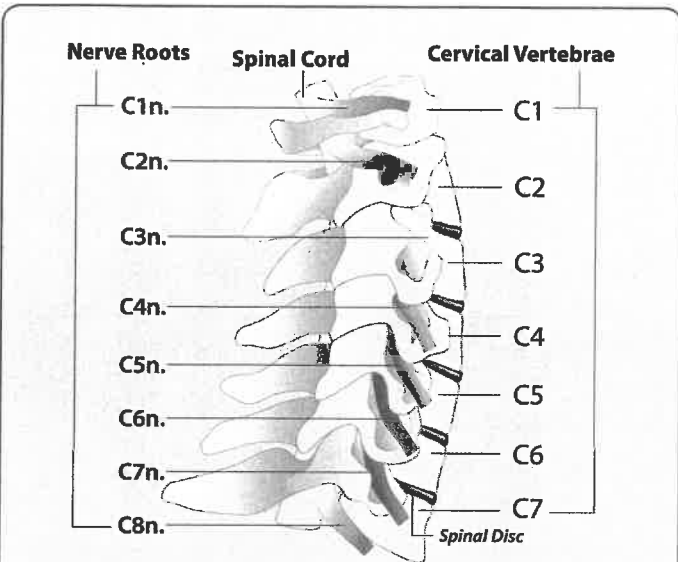
**Typical Treatment Regimen:** Depending upon the severity of your condition and your doctor's recommendation, treatment regimens usually consist of 20–25 sessions spread over four to six weeks. Each session lasts 25–45 minutes. Many patients report relief from their pain and other symptoms during the first few treatment sessions, and most experience dramatic pain relief after completion of their prescribed NSSD program.

3. Michael Schuenke, M.D., Ph.D.; Erik Shulte, M.D.; Udo Schumacher, M.D., Thieme Atlas of Anatomy, Germany: Georg Thieme Verlag, 2006.

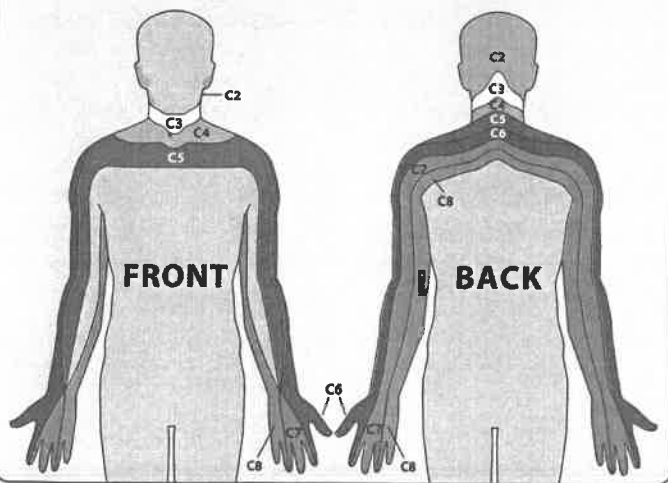
# Whiplash Injuries and Chronic Neck Pain

Annually, in the United States, over three million whiplash injuries occur from motor vehicle collisions,<sup>4</sup> with the most damaging being a rear end collision. Sports injuries, falls, and sudden stops on theme park rides can also cause whiplash injuries. The extreme motions occurring during whiplash can injure practically every tissue and structure in the neck.<sup>5</sup>

Nearly 40% of whiplash injuries develop into degenerative disc disease within 5 to 10 years.<sup>6</sup> Chronic pain from whiplash is commonly due to facet and/or disc damage.<sup>7</sup>

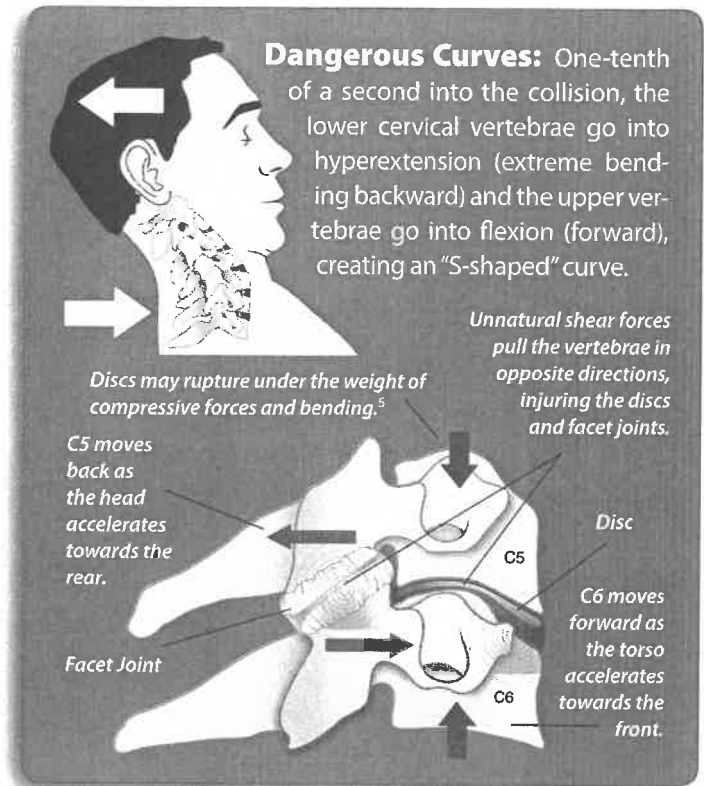


**Cervical Dermatome Map:** A dermatome is a region of skin supplied by nerve fibers originating from a single spinal nerve root. Compression of the nerve root affects sensation in the corresponding dermatome. The most common nerve root injuries caused by herniated discs are at the levels of C5n.–C7n. (Maps vary.)



4. <http://www.srisd.com>. The Spine Research Institute of San Diego is an organization that disseminates information relating to injuries from motor vehicle trauma.  
 5. M. Adams, N. Bogduk, et al. *The Biomechanics of Back Pain*. Churchill. New York. 2006.  
 6. M. Melton. *Medical Evidence of Whiplash*. James Publishing, Costa Mesa, CA. 2008.  
 7. J. Schofferman, N. Bogduk, P. Slosar. Chronic Whiplash and Whiplash-Assoc Disorders: An Evidence-Based Approach, *Journal of the Amer Acad of Orthopaedic Surgeons*, 15(10): 596–606. 2007.

The testimonials in this brochure are from actual patients who have undergone Non-Surgical Spinal Decompression Therapy. The testimonials appearing in this report may or may not be from the specific doctor(s)/office(s) providing this report. Testimonials may have been edited for length and clarity. To protect patient privacy, last names have been removed. Neither patients nor doctors received compensation for their statements. **Any copying or reproduction of the contents of this brochure is forbidden under copyright law, unless expressly authorized by Media West.**



Many spinal care experts are finding Non-Surgical Cervical Decompression to be a safe and effective treatment for whiplash symptoms that may include:

- Neck pain and stiffness
- Headache
- Low back pain
- Upper extremity pain, weakness, and numbness
- Thoracic outlet syndrome
- Carpal tunnel syndrome

## "I had increasingly severe and

*constant neck pain over the course of several years following a car accident. I tried months of physical therapy and followed a regimen of strengthening exercises, but these didn't really work. The Non-Surgical Spinal Decompression treatment has been a miracle for me. The relief was almost immediate. My pain is completely gone and I have full mobility in my neck. I am very grateful." — Vicki O.*